

Fueling for Peak Performance



During Exercise

In order to prevent "the wall" and "bonking" and to increase fat-burning capabilities, it's essential to start refueling the body's fuel tank after about 60 to 90 minutes of moderate-to-high intensity exercise.

Hourly calorie needs following 60 to 90 minutes of exercise: *2 calories x lean body weight in pounds*

- High-glycemic carbohydrates (such as energy gels, sports drinks)
 - *1 gram of protein for every 4-7 grams of carbohydrate* may help enhance endurance performance by as much as 24 percent during 2+-hour events.
- Smaller amounts of carbs more frequently help prevent stomach upset.

Drink up!

Symptoms of dehydration: thirst, muscle cramping, muscle fatigue, nausea, vomiting, diarrhea and chills.

Water is all you need for events lasting less than one hour. Beverages containing carbohydrate and sodium are recommended during exercise lasting longer than one hour.

*If stomach upset is an issue, try water and whole food.

Guidelines for staying adequately hydrated during long events – training or racing:

2 hours before event	2 cups fluid
15 minutes before event	2 cups fluid
During event, every 15-20 minutes	4-6 oz. fluid (1/2 – 3/4 cup)
After event	2-3 cups fluid for every pound lost

AVOID: fructose-only products immediately before and during exercise, as these may lead to diarrhea.

*Food and fluid tolerance while running is very individualized. Practice training your system prior to an event. Don't wait until competition time to try foods out. You may regret it!

Remember: Don't try anything new on race days!

Questions or Comments?

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