Food is an essential part of performance, but what exactly should you eat before, during and after your run? And how do the calories you’ve burned translate to real meals?

Before your run

- Adjust portion according to body weight and nutrient needs
- Pre-run carbohydrates for slow-release energy, plus a moderate amount of protein
- Eating a small carb-based snack before exercise to slowly raise blood glucose levels ready for exercise
- No need to refuel as long as you've eaten enough pre-run to keep your energy up

During your run

- 2-4 hours before:
  - Eat carbs to replenish energy, protein for muscle repair.
  - Add salty snacks to help retain fluids and stimulate thirst
- 30 minutes before:
  - Eat carbs to continue replacing glycogen stores in muscles and liver, plus moderate amounts of protein and some unsaturated fats
- 2 hours after:
  - Eat carbs to continue replacing glycogen stores in muscles and liver, plus moderate amounts of protein and some unsaturated fats

After your run

- 10 minutes:
  - Drink 1-1.5 litres fluid for every kg of body weight lost to sweat
- 30 minutes:
  - Drink 1-1.5 litres fluid for every kg of body weight lost to sweat
- 1 hour:
  - Drink 1-1.5 litres fluid for every kg of body weight lost to sweat
- 2-4 hours:
  - Drink 1-1.5 litres fluid for every kg of body weight lost to sweat

How many burgers did you burn?

- Fast Food Equivalents:
  - 110: Shortstack cookies
  - 150: Milkshake
  - 185: Large beef stuffed crust pizza
  - 2,670: Cheeseburger + small fries

Calories Burned (kcal)

- 0: Based on running pace of 9 min/mile
- 1000: Based on running pace of 8 min/mile
- 2000: Based on running pace of 7 min/mile
- 3000: Based on running pace of 6 min/mile
- 4000: Based on running pace of 5 min/mile

Sources:
- Runners' World Calories Burned Calculator
- American College of Sports Medicine
- Australian Sports Commission
- Iowa State University
- Matt Fitzgerald
- James Collins
- Food calorie counts: myfitnesspal.com, Starbucks, Coca Cola, McDonald’s, drinkaware.co.uk, Pizza Hut, Cadbury