

KEY SESSIONS

LONG-RUN & WORKOUT FUELING

An easy run, a hard workout, a long run, a double, and a race simulation should not all inherit the same fueling plan.

*Fuel the job of the session, rehearse the plan in training, and individualize persistent problems.

01

A recent meal may cover an easy run; snack for a long gap or hunger.



02

Intervals, hills, and race-specific work need a planned school day.



03

As duration rises, rehearse fluid and carbohydrate choices.



04

Recover after session one; eat before session two when possible.



Higher-protein pasta: Barilla Protein+ Penne



Post-workout drink recovery shake: fairlife Core Power



Long-Run & Workout *Fueling*

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REAL PRODUCT EXAMPLES

Familiar packages, easier choices

Start with the food category. Brands are recognizable examples, not required choices; swap within the category for access, tolerance, culture, budget, and allergens.

Packages are examples, not endorsements. [Image sources and rights notice.](#)

USE THIS WHEN

- 1 Match the session to the table instead of applying one rule to every run.
- 2 Choose familiar before-, during-, and after-session options to rehearse.
- 3 Route individual quantities, persistent GI problems

Normal Routine
Easy Day

Plan Before + After
Key Session

Rehearse, Do Not Guess
Longer Work

► COACH PROMPT

Which upcoming session needs a different plan than the team's normal easy day?

WEEKLY FUEL PLAN



EASY + SHORT

Protect the Normal Meal Pattern Before Adding Extras

A recent meal may cover an easy run; snack for a long gap or hunger · Water and the next meal may cover the ordinary day



HARD WORKOUT

Plan Familiar Carbohydrate Before and Recovery After

Intervals, hills, and race-specific work need a planned school day · Do not let a light lunch become the hidden difficulty in the workout



LONGER RUN

Practice the Plan During Training Before Using It in Competition

As duration rises, rehearse fluid and carbohydrate choices · Individual amounts belong with a sports dietitian, not a team formula



DOUBLE + TURNAROUND

The Time Between Sessions Becomes Part of the Workout Plan

Recover after session one; eat before session two when possible · Repeated fatigue, GI trouble, or food distress needs support

DISTANCE GUIDE

DATA

Choose the Row That Matches the Session

SESSION	BEFORE	DURING	AFTER
Under 45 min easy	Normal meal pattern	Water access as conditions require	Next normal meal; bridge if delayed
45-75 min steady	Familiar snack when useful	Fluid access based on heat and tolerance	Carb + protein when the next meal is delayed
45-75 min hard	Protect lunch and use a practiced pre-run option	Use the rehearsed team plan	Begin recovery promptly when turnaround is short
75-105 min long	Eat beforehand and start with a settled stomach	Practice the athlete's fluid and fuel plan	Bridge, meal, fluids, and sleep

COACH

Write the Session Plan

SESSION Type + duration: _____ · Start time: _____

BEFORE + DURING Before: _____ · During plan: _____

AFTER First option: _____ · Next meal: _____

Long-Run & Workout Fueling

FOR THE RUNNER

Hard days and easy days need different plans

- An easy run mostly uses the food you already ate today.
- A hard workout or a long run burns through that much faster.
- A hard day needs a plan before and after; an easy day needs normal meals.

1 Easy run: eat your normal meals and bring water.

2 Workout day: eat a real lunch and a snack before.

3 Long run: eat early enough to settle, then practice your water plan.

Try this week: Before your hardest workout this week, write down what you will eat before and after.

Not true: *one fueling rule fits every run. An easy jog and hill repeats are different jobs.*

COACH: SAY THIS

- “Tomorrow is hill repeats, not an easy day. A light lunch is the hidden part of that workout. Eat a real one.”
- “Easy day means the normal routine. If you ate lunch, thirty easy minutes usually needs nothing extra. Hungry or a long gap? Bring a snack.”
- “The long run is the rehearsal. Eat early enough to settle, bring the bottle, test the after-run food. Practice what you would use on race day.”
- “Write it down before the session: what before, what during, what after, and when the next meal is. Guessing is how a workout goes sideways.”

WHY IT WORKS

An easy run at conversation pace draws on stored fuel slowly, so the day's normal meals usually cover it.

Intervals, hills, and race-pace work burn muscle glycogen fast; when lunch was light, the last reps run on stress hormones instead of fuel and the session's quality drops.

On runs past about seventy-five minutes, the gut's tolerance for fluid and carbohydrate is a trained skill; rehearse it in training, and leave the amounts to a sports dietitian.

DON'T SAY

- “**Same plan every day, keep it simple.**” Simple is good; identical is not. A light lunch that covers an easy jog sinks hill repeats.
- “**Take a gel every thirty minutes, everybody does.**” Amounts are individual and belong with a sports dietitian; the team rehearses, it does not prescribe.
- “**Recovery day, so eat lighter.**” Recovery is when the refill happens; eating less on the easy day undoes the hard one.

REFER WHEN

A runner who fades in workouts most weeks despite lunch and a snack in place, repeated stomach trouble on long runs, or visible distress about eating around sessions: a private family conversation, then the pediatrician or athletic trainer, with a sports dietitian for the individual plan.

ASK THEM

Which session this week is not an easy day, and what changes

FOR FAMILIES

Read the practice schedule before you pack the lunch

- Easy days need nothing special. The normal breakfast, lunch, snack, and dinner pattern, plus water in the bag, covers them.
- Long-run mornings: breakfast early enough to settle and a bottle for the run. Leave chocolate milk or a sandwich half in the car for after.
- Hard workout days need a real lunch, not a light one. Add a familiar carb snack before practice: pretzels, a bagel, or a granola bar.
- Double days: the meal between sessions is a real meal. Dinner after session two still happens, even when they say they are too tired.

WATCH FOR · If hard workouts keep going flat even with lunch and a snack in place, or long runs bring stomach trouble most weeks, tell the coach. Ask the pediatrician or a sports dietitian to take a look.