

Build Your Runner's Plate — Print Handout

A visual plate-method handout showing how to match your plate to your training intensity — easy day, moderate day, and hard day.

ACCESS

Free resource

AUDIENCE

athlete

READ TIME

3 min

AUDIENCE

Athlete

WHY THIS MATTERS

✦ This is a print-ready visual handout.



Build Your Runner's Plate — Print Handout

QUICK START

Start here

A visual plate-method handout showing how to match your plate to your training intensity — easy day, moderate day, and hard day.

HARD DAY PLATE

Push the carb side up when the session is big

- Long run, hard interval day, or double day means the starch portion should grow.
- Protein stays steady, but carbs do the main fuel work.

EASY DAY PLATE

Reduce the extras, not the whole meal

- Rest and easy days still need carbs, just not the same volume.
- Protein, produce, and a moderate starch base keep recovery moving.

ADD-ONS

Use fats and sides to close the calorie gap

- Nuts, avocado, cheese, oils, and spreads help athletes who struggle to eat enough.
 - These are especially useful for high-volume athletes with big needs.
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OVERVIEW

What this resource is helping solve

A visual plate-method handout showing how to match your plate to your training intensity — easy day, moderate day, and hard day.

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- handout
 - printable
 - pdf
-

WATCH FOR

Common Mistakes

— Luke Rodriguez, MS, RDN

— Luke Rodriguez, MS, RDN

- Eating the same portions on easy days and hard days
- Cutting carbs because you think they make you slow (they don't)
- Skipping meals to "stay light" — this destroys performance

Match Your Plate to Your Training

**EASY DAY

** ½ plate veggies, ¼ carbs, ¼ protein

**MODERATE DAY

** ½ plate each: carbs, protein, veggies

**HARD DAY / RACE WEEK

** ½ plate carbs, ¼ protein, ¼ veggies

QUICK REFERENCE

Key targets to keep in view

Use these as planning anchors when you turn the manual into weekly actions.

ALWAYS INCLUDE

Carbs + protein

Treat this as a decision anchor, not a trivia stat.

SCALE BY

Training load

Treat this as a decision anchor, not a trivia stat.

BEST TOOL

Visual portions

Treat this as a decision anchor, not a trivia stat.

COACH TAKEAWAYS

Best fit

These are the cues worth repeating before the week gets busy.

Scale carbs: More training means more starch and fruit.

Keep protein: Every main meal needs a repair anchor.

Keep it visual: Good plates are easier to repeat than perfect macros.

COACHING EMPHASIS

What to reinforce with athletes this week

A good runner's plate changes with the work without abandoning the basics.

- Long run, hard interval day, or double day means the starch portion should grow.
- Rest and easy days still need carbs, just not the same volume.
- Nuts, avocado, cheese, oils, and spreads help athletes who struggle to eat enough.
- A good runner's plate changes with the work without abandoning the basics.

TAKEAWAY

Coach bottom line

A good runner's plate changes with the work without abandoning the basics.

- What should change on this athlete's plate tomorrow if practice doubles in difficulty?

COACH CUES

Field reference

Use these short cues when you need to turn the manual into a quick conversation or decision.

PRIMARY FOCUS

Printable Handouts

A visual plate-method handout showing how to match your plate to your training intensity — easy...

THIS WEEK'S CUE

What should change on this athlete's plate tomorrow if practice doubles in difficulty?

Use this sentence in the next team conversation.

KEY THEMES

handout • printable • pdf • runners plate

These are the anchors to reinforce, not the entire lecture.

BEST FOLLOW-UP

Open the handout with your team

Use the printable handout to keep the message simple.

WHAT TO DO NEXT**Use it this week**

What should change on this athlete's plate tomorrow if practice doubles in difficulty?

BOTTOM LINE

A good runner's plate changes with the work without abandoning the basics.

Source topics: [handout](#) • [printable](#) • [pdf](#) • [runners plate](#) • [athlete plate method](#) • [daily fueling](#)