

ماراثون دمشق
DAMASCUS MARATHON

COMPREHENSIVE NUTRITION GUIDE FOR RUNNERS

■ DAILY NUTRITION (GENERAL DIET FOR RUNNERS)

CARBS (55–65%): BROWN RICE, OATS, FRUITS,
WHOLE WHEAT. PROTEIN (15–20%): EGGS, FISH,
YOGURT, LEGUMES.
FATS (20–25%): NUTS, SEEDS, OLIVE OIL, AVOCADO.
EAT 3 MAIN MEALS + 1–2 SNACKS DAILY.
AVOID PROCESSED FOODS AND EXCESS SUGAR.

■ TRAINING DAY NUTRITION

BEFORE (1.5–2 HRS): TOAST + BANANA, OATMEAL, OR LIGHT RICE MEAL.
DURING (IF >75 MIN): 30G CARBS PER 45 MIN, WATER OR SPORTS DRINK.
AFTER (WITHIN 30–60 MIN): CARB + PROTEIN SNACK (3:1 RATIO).

■ LONG RUN OR RACE DAY NUTRITION

EVENING BEFORE: HIGH-CARB DINNER, LIGHT PROTEIN, HYDRATE.
RACE MORNING: TOAST, BANANA, OATMEAL 2–3 HRS BEFORE.
DURING RACE: 30–60G CARBS/HOUR, SMALL SIPS EVERY 15–20 MIN.

■ RECOVERY NUTRITION

WITHIN 30–60 MIN: CARB + PROTEIN (CHOCOLATE MILK, SANDWICH, SMOOTHIE).
LATER MEAL: FULL BALANCED PLATE WITH PROTEIN, CARBS, AND VEGETAB

■ HYDRATION

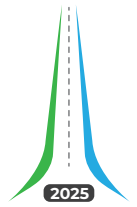
2–3 LITERS WATER PER DAY MINIMUM.
500ML 2 HRS BEFORE RUN, REGULAR SIPS DURING.
ELECTROLYTES NEEDED FOR LONG/HOT RUNS.

■ SUPPLEMENTS (IF NEEDED)

IRON (ESPECIALLY FOR WOMEN).
VITAMIN D, B12 (VEGANS), OMEGA-3.
VONLY AFTER PROFESSIONAL CONSULTATION.

■ WEIGHT MANAGEMENT & PERFORMANCE

DON'T GO LOW-CARB – FUEL YOUR RUNS.
CUT PROCESSED SUGAR, NOT WHOLE MEALS.
USE INTERMITTENT FASTING SMARTLY (NOT BEFORE LONG RUNS).
SLEEP 7–8 HOURS FOR RECOVERY.



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■ SAMPLE DAILY MEAL PLAN (TRAINING DAY)

VISUALIZE SUCCESS

BREAK RACE INTO SMALL GOALS

ACCEPT DISCOMFORT

STAY POSITIVE AND ADAPTABLE

TIME	MEAL
UPON WAKING	WARM WATER + 2 DATES
BREAKFAST	OATMEAL WITH BANANA, ALMONDS, HONEY
SNACK	YOGURT WITH BERRIES
LUNCH	GRILLED CHICKEN, RICE, VEGETABLES
PRE-RUN SNACK	PEANUT BUTTER TOAST OR BANANA
POST-RUN	PROTEIN SHAKE OR CHOCOLATE MILK + FRUIT
DINNER	BAKED FISH, QUINOA, MIXED SALAD
BEFORE BED	WARM MILK OR HERBAL TEA