

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 VEGETABLES.

■ HYDRATION

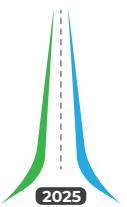
2–3 LITERS WATER PER DAY MINIMUM.
500ML 2 HRS BEFORE RUN, REGULAR SIPS DURING.
ELECTROLYTES NEEDED FOR LONG/HOT RUNS.

■ SUPPLEMENTS (IF NEEDED)

IRON (ESPECIALLY FOR WOMEN).
VITAMIN D, B12 (VEGANS), OMEGA-3.
ONLY 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.



COMPREHENSIVE NUTRITION GUIDE FOR RUNNERS

ماراثون دمشق
DAMASCUS MARATHON

■ 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