

Fuel Your Run: The Half Marathoner's Nutrition Guide

MASTERING THE ART OF EATING FOR ENDURANCE

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Introduction to the Template



Welcome to your new training partner: the Customizable Meal Planning Template for Half Marathon Training. Designed to adapt to your unique nutritional needs and training intensity, this template is more than just a meal planner; it's a roadmap to fueling your body for peak performance.

How to Use This Template

- **Personalize Your Plan:** Start by entering your personal information, including current weight, training intensity, and any dietary restrictions.
- **Fill in the Daily Meal Plan:** Use the provided tables to outline your meals for each day, keeping in mind the balance of macronutrients.
- **Adjust as You Go:** Take notes on how your body responds to different meals and tweak your plan for optimal energy and recovery.

Why Individualization Matters

Your nutrition should be as tailored as your training. What works for one runner may not work for you. This template is designed to be flexible, accommodating your specific caloric needs, taste preferences, and schedule.

Meal Planning Tables:

Day	Time	Meal Type	Food Item	Carbs (g)	Proteins (g)	Fats (g)	Notes
Monday	7:00	Breakfast					
	10:00	Snack					
	13:00	Lunch					Pre-run meal
	16:00	Snack					Post-run snack
	19:00	Dinner					
	21:00	Snack					

...repeat for each day of the week...

Instructions:

- **Time:** Fill in the time you plan to eat.
- **Meal Type:** Specify the type of meal (e.g., Breakfast, Lunch, Snack).
- **Food Item:** List the main components of your meal.
- **Carbs/Proteins/Fats:** Note the macronutrient content of your meals (you can use nutrition tracking apps or labels for accuracy).
- **Notes:** Any particular notes about the meal (e.g., "pre-run" or "post-run" meal, "felt energetic," "portion too large").

Use this framework to ensure you're fueling your body with what it needs throughout the day. Regularly review and adjust your plan to find what works best for you as your training progresses.

Carbohydrate Loading Strategy

As race day approaches, 'carb-loading' can help maximize the storage of glycogen in your muscles. This section guides you through a strategic increase in carbohydrate intake to ensure you're fully fueled for your half marathon.

Guidelines for Carb-Loading:

- Begin carb-loading three days before your race.
- Aim to get 70–80% of your daily caloric intake from carbohydrates during this period.
- Choose carbs that are low in fiber to prevent digestive issues on race day.

Sample Carb-Loading Plan:

Day	Meal Type	Suggested Food Items	Total Carbs (g)
3 days before	Breakfast	Bagel with jam, orange juice, banana	120g
	Lunch	Pasta with marinara sauce, bread roll	150g
	Dinner	Rice with grilled chicken, mixed veggies	130g
	Snacks	Yogurt with honey, pretzels	100g

...continue for each meal leading up to race day...

Instructions:

- **Meal Type:** List each meal and snack.
- **Suggested Food Items:** Provide examples of what to eat at each meal.
- **Total Carbs:** Calculate the total carbs for each meal and ensure you reach your carb goals for each day.

Remember, the key to successful carb-loading is starting early and increasing your intake gradually. Monitor how your body feels and make adjustments as needed.

Hydration Tracker



Hydration is a critical component of your training that requires as much attention as your meal planning. This tracker will help you monitor your fluid intake to ensure optimal hydration before, during, and after your runs.

Daily Water Intake Log:

Day	Time	Fluid Intake (ml)	Type of Fluid	Pre/Post-Run	Notes
Monday	7:00		Water / Tea / Juice	Pre	
	9:00				
	12:00			Pre	
	15:00		Sports Drink	Post	
	18:00				
	21:00				

...repeat for each day of the week...

Instructions:

- **Time:** Record the time of your fluid intake.
- **Fluid Intake:** Measure and enter the volume of fluid consumed.
- **Type of Fluid:** Specify the type of fluid (water, sports drink, juice, etc.).
- **Pre/Post-Run:** Indicate if the hydration was before or after your run.
- **Notes:** Add any relevant notes such as how you felt or the conditions of your run (hot, humid, etc.).

Hydration Tips:

- Carry a water bottle throughout the day to ensure regular sips.
- Use electrolyte solutions for long runs to replace lost salts.
- Hydrate more than usual on days prior to long runs or race day.

Track your hydration daily and adjust based on your training load and environmental conditions. Proper hydration can significantly impact your performance and recovery.

Protein and Fat Intake Guidelines



Protein and fats are essential macronutrients that support muscle repair and provide a sustained energy source. This part of the template will guide you on how to incorporate these nutrients effectively into your diet.

Protein Intake:

- Aim for 1.2 to 1.4 grams of protein per kilogram of body weight daily.

- Include a source of protein in every meal and snack to support muscle repair and recovery.

Fat Intake:

- Fats should constitute about 20–35% of your daily caloric intake.
- Focus on sources of unsaturated fats for their anti-inflammatory benefits and role in sustaining energy.

Protein and Fat Intake Table:

Meal Type	Suggested Protein Sources	Serving Size	Suggested Fat Sources	Serving Size
Breakfast	Greek yogurt, Eggs	1 cup, 2 eggs	Avocado, Nuts	1/4 cup, 1 oz
Lunch	Chicken breast, Tofu	4 oz, 1/2 cup	Olive oil, Seeds	1 tbsp, 1 oz
Dinner	Salmon, Lean beef	4 oz, 4 oz	Cheese, Coconut oil	1 oz, 1 tbsp
Snacks	Cottage cheese, Jerky	1/2 cup, 1 oz	Nut butter, Olives	2 tbsp, 1 oz

Instructions:

- **Meal Type:** Designate the meal or snack time.
- **Suggested Protein Sources:** List the protein-rich foods you'll include.
- **Serving Size:** Note the recommended serving sizes.
- **Suggested Fat Sources:** Identify the sources of healthy fats for each meal.
- **Serving Size:** Measure the appropriate serving sizes for fats.

By following these guidelines, you can ensure that your body has the necessary building blocks for muscle recovery and enough energy to sustain your training. Adjust the types and quantities of protein and fats as needed, based on your body's response and personal dietary needs.

Micronutrient Checklist

While macronutrients might take center stage, micronutrients play a crucial supporting role in a runner's diet. This checklist will help you track the intake of essential vitamins and minerals that facilitate energy production, muscle contraction, bone health, and immune function.

Essential Micronutrients for Runners:

Vitamin/Mineral	Function	Food Sources	Daily Goal
Vitamin D	Bone health and immune function	Fortified milk, egg yolks, sunlight exposure	600 IU
Calcium	Bone strength and muscle function	Dairy, leafy greens, fortified plant milks	1000 mg
Iron	Oxygen transport in blood	Red meat, spinach, lentils	18 mg
Potassium	Muscle and nerve function	Bananas, potatoes, oranges	4700 mg
Magnesium	Muscle contraction and relaxation	Nuts, whole grains, leafy greens	400 mg
Sodium	Fluid balance and nerve function	Salt, processed foods, sports drinks	1500 mg

Instructions:

- **Vitamin/Mineral:** Identify the micronutrient you're tracking.
- **Function:** Understand its role in your body, particularly for running.
- **Food Sources:** List the primary food sources where you can find these micronutrients.
- **Daily Goal:** Aim for the recommended daily intake, but be mindful of your individual needs and consult with a healthcare provider for personalized recommendations.

Use this checklist to ensure you're not only eating the right foods but also getting the full spectrum of nutrients your body needs to perform at its best. Remember, a well-rounded diet rich in a variety of foods is the best way to meet your micronutrient needs.

Pre- and Post-Run Nutrition



Timing your nutrient intake around your runs can significantly enhance performance and recovery. This section outlines what to eat before, during, and after your runs to maintain energy levels and facilitate muscle repair.

Pre- and Post-Run Nutrition Table:

Run Type	Pre-Run Meal Timing	Pre-Run Meal Suggestions	Post-Run Meal Timing	Post-Run Meal Suggestions
Short Run	30-60 min before	Banana with almond butter	Within 30 min after	Greek yogurt with berries
Long Run	2-3 hours before	Oatmeal with honey & nuts	Within 30 min after	Protein smoothie
Speed Work	1-2 hours before	Toast with jam	Within 30 min after	Turkey and cheese wrap
Recovery Run	Light snack	Apple slices with cheese	Within 30 min after	Whole grain cereal with milk

Instructions:

- **Run Type:** Identify the type of run you're planning.
- **Pre-Run Meal Timing:** Schedule your meal or snack to ensure digestion before starting your run.
- **Pre-Run Meal Suggestions:** Choose easily digestible carbs with a moderate amount of protein.
- **Post-Run Meal Timing:** Aim to refuel as soon as possible after your run.
- **Post-Run Meal Suggestions:** Prioritize a mix of protein for repair and carbs to replenish glycogen stores.

Remember, the intensity and duration of your run may require adjustments to these suggestions. Listen to your body's cues and adjust portions and timing to suit your needs.

Weekly Shopping List

A well-planned shopping list is the backbone of successful meal preparation. This template will help you organize your grocery shopping by categorizing foods based on the macronutrients they provide, ensuring you have all the ingredients you need for a week of healthy eating.

Weekly Shopping List Template:

Carbohydrates	Proteins	Fats	Micronutrients
Oats	Chicken breast	Avocado	Spinach
Brown rice	Greek yogurt	Almonds	Broccoli
Sweet potatoes	Eggs	Olive oil	Oranges
Whole grain pasta	Canned tuna	Chia seeds	Bell peppers
Bananas	Tofu	Flaxseeds	Kale
Apples	Lean beef	Walnuts	Carrots
Berries	Cottage cheese	Coconut oil	Tomatoes
...add as needed for your plan...	...add as needed for your plan...	...add as needed for your plan...	...add as needed for your plan...

Instructions:

- **Carbohydrates/Proteins/Fats/Micronutrients:** List the foods you'll need from each category.
- **Check for Variety:** Ensure you have a colorful range of fruits and vegetables to cover your micronutrient needs.
- **Plan for Portions:** Buy quantities based on the servings outlined in your meal plan to minimize waste and ensure freshness.

Before you head to the store, review your meal plan for the week and make sure your shopping list reflects the ingredients you'll need. This proactive approach will save you time, reduce stress, and keep your nutrition on track.

Recipe Section

Fueling your runs with delicious, nutritious meals is key to a successful half marathon training program. This section offers a collection of recipes that are balanced for runners' needs, easy to prepare, and packed with flavor.

Runner-Friendly Recipes:

1. **Power Breakfast: Berry Oatmeal Supreme**
 - Ingredients: Rolled oats, mixed berries, chia seeds, almond milk, a drizzle of honey.
 - Instructions: Cook the oats as directed, stir in chia seeds, top with berries and honey.
2. **Energizing Lunch: Quinoa Chickpea Salad**
 - Ingredients: Cooked quinoa, chickpeas, cucumber, cherry tomatoes, feta cheese, lemon vinaigrette.
 - Instructions: Toss all ingredients together and dress with vinaigrette.
3. **Recovery Dinner: Grilled Salmon with Sweet Potato Mash**
 - Ingredients: Salmon fillet, sweet potatoes, steamed broccoli, olive oil, lemon juice.
 - Instructions: Grill salmon, mash sweet potatoes with a touch of olive oil, serve with broccoli.
4. **Snack Attack: Nutty Yogurt Parfait**

- Ingredients: Greek yogurt, granola, mixed nuts, a sprinkle of cinnamon.
- Instructions: Layer yogurt with granola and nuts, top with cinnamon.

Instructions:

- **Follow the Recipes:** Use these as a guideline for balanced meals.
- **Customize:** Feel free to swap out ingredients based on dietary preferences or restrictions.
- **Portion Sizes:** Adjust the quantities based on your current training phase and hunger levels.

These recipes are designed to integrate seamlessly into your meal plan, providing the energy and nutrients needed to support your training. Enjoy these as part of your regular diet and feel free to get creative with the ingredients.

Notes and Adjustments Page



To maximize the effectiveness of your meal plan, it's important to track your body's response to different foods and adjust accordingly. This section is your personal space to jot down observations, make modifications, and note what works best for your training and recovery.

Weekly Reflection Table:

Day	Meal Observations	Adjustments Made	Energy Levels	Recovery Feedback
Monday	Enjoyed the oatmeal, felt full.	Increase portion size of lunch.	High energy during run.	Muscle soreness after speed work.
Tuesday	Snack was not satisfying.	Add more protein to snacks.	Felt sluggish in the morning.	Good recovery, no cramps.

...repeat for each day of the week...

Instructions:

- **Meal Observations:** Note any particular thoughts about the meals—flavors you enjoyed, portions that were too small or too large, etc.
- **Adjustments Made:** Write down any changes you've made to your diet plan based on your observations.
- **Energy Levels:** Record how you felt in terms of energy after eating your planned meals.
- **Recovery Feedback:** Reflect on how your body is recovering post-run with the current diet.

This is a living document. It's expected to evolve as you progress through your training. Use this page to fine-tune your diet for optimal performance and enjoyment.

Race Week Special



The week leading up to the race is a time to focus on fine-tuning your nutrition to ensure you're ready to perform at your best. This section provides a detailed plan for race week, emphasizing carbohydrate tapering, hydration, and meal timing.

Race Week Nutrition Plan:

Day	Focus	Meal Suggestions	Hydration Notes
Monday	Balanced meals, start carb increase	Regular meals with added fruit servings	Maintain hydration, monitor urine color
Tuesday	Continue carb increase	Add an extra carb snack, like a rice cake with honey	Increase water intake slightly
Wednesday	Hydration and carb-loading	Pasta with light sauce for dinner, extra water	Start sipping electrolyte beverages
Thursday	Carb-loading, reduce fiber	White bread instead of whole grain, low-fiber fruits	Continue with electrolytes
Friday	Carb-loading, easy digestion	Simple carbs like potatoes and white rice	Focus on pre-hydration for race day
Saturday	Race day nutrition	Familiar breakfast, energy gel or drink during the race	Proper hydration up to the start
Sunday	Recovery	Balanced meal with carbs and protein, like a chicken wrap	Rehydrate and replenish electrolytes

Instructions:

- **Focus:** Each day, focus on specific nutritional goals that support the tapering and race day strategy.
- **Meal Suggestions:** Adapt these to fit your training schedule and personal taste preferences.
- **Hydration Notes:** Be especially mindful of your fluid and electrolyte intake to ensure you're well-hydrated for race day.

This plan is designed to maximize your energy stores and ensure you are hydrated and nourished for your half marathon. Adjust the suggestions to suit

your individual needs and preferences, and remember, the last week is not the time to try new foods or supplements.

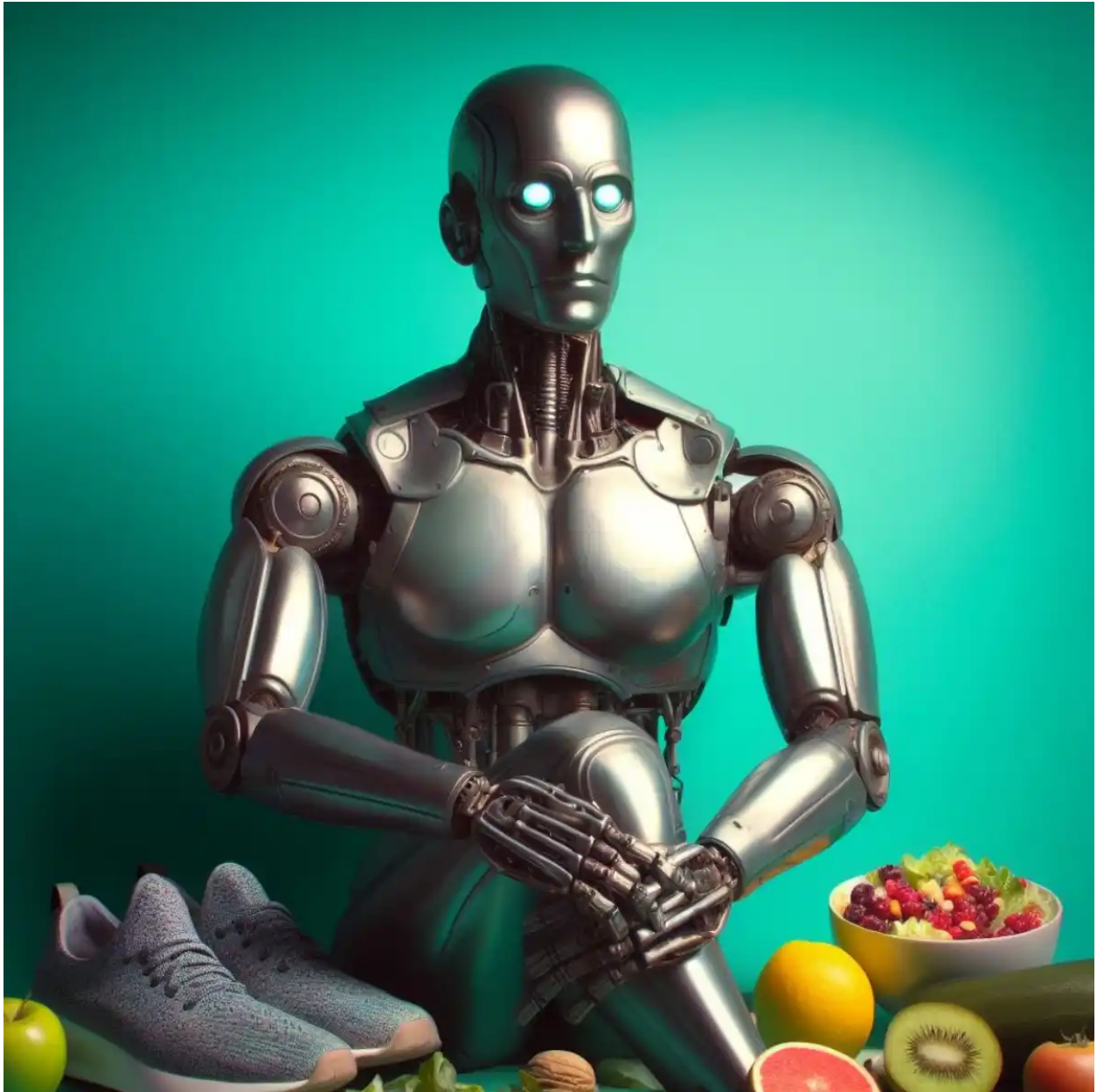
Additional Resources

Your journey to mastering half marathon nutrition doesn't end here. To continue learning and refining your dietary strategy, here are some additional resources that can offer further guidance and support.

Useful Links and Guides:

- Sports Nutrition for Endurance Athletes – Provides in-depth information on nutrition for running long distances.
- The Runner's World Cookbook – A collection of recipes designed specifically for runners.
- International Society of Sports Nutrition Position Stands – Offers evidence-based recommendations on various nutrition and exercise topics.
- MyFitnessPal – An app for tracking your diet and caloric intake.
- USDA National Nutrient Database – A comprehensive resource for basic nutrition information.

Understanding Nutrient Timing:



- “Nutrient Timing Revisited” – An article that explores the importance of when you eat, as much as what you eat.
- “The Science of Carbo-loading” – A guide that explains how to effectively increase your carbohydrate intake before a race.

By utilizing these resources, you can continue to expand your knowledge and adapt your nutrition to meet the demands of your training and racing

schedule. Remember, nutrition is an evolving field, and staying informed is key to optimizing your performance.