

food - before long runs and race



[2young2feelthisold](#) 2 posts since

Aug 29, 2008

what does everyone eat before a long run or on race day? I am experimenting and need some ideas.



[Immer treu](#) 4,283 posts since

Jan 23, 2008 **1. Re: food - before long runs and race** Aug 29, 2008 9:39 AM

"The last two days involved pancakes, crackers, oatmeal cookies, pizza, frosted flakes, Sunchips, granola, spaghetti, bread, more frosted flakes, sweet tea, and a Spaten with the pizza.....There's a study suggesting 2.5 minutes of hard running leading into 30 seconds of red-lining just before carbo loading may work as well as prior days of carb depletion; it sure is more fun! "

From last month's race report



[zoom1](#) 273 posts since

Jan 22, 2008 **2. Re: food - before long runs and race** Aug 29, 2008 9:46 AM

For the marathon: Bagel, banana, and a fruity yogurt drink to wash it down.

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For long runs: Banana or some cookies and some Gatorade to wash it down.



[x_39_and_holding_x](#) 2,954 posts since

Jan 19, 2008 3. **Re: food - before long runs and race** Aug 29, 2008 10:20 AM

in response to: [zoom1](#) zoom1 wrote:

For the marathon: Bagel, banana, and a fruity yogurt drink to wash it down.

For long runs: Banana or some cookies and some Gatorade to wash it down.

I'm with Tuan. . . except I don't do yogurt so just throw gatorade up there.



[Kyle B](#) 60 posts since

Feb 18, 2008 4. **Re: food - before long runs and race** Aug 29, 2008 11:22 AM

2 or 3 packs of Quaker Instant Grits. It's about 100 calories of 90% carbs/10% protein per pack, and it's almost digested as soon as you eat it. It's basically oatmeal for us rednecks.

Oatmeal's probably a good idea too if grits isn't your thing. I try to do that about 1 1/2 to 2 hours before a race, but for long runs that's tougher to do, since I want to go ahead and get going on my run so I can get on with my day.



[Immer treu](#) 4,283 posts since

Jan 23, 2008 5. **Re: food - before long runs and race** Aug 29, 2008 11:28 AM

in response to: [Kyle B](#)

Grits are about as close to Kenyan ugali as we can get, probably digesting at least as fast as oatmeal, easier on the gut than most things, and a great source of carbs



[Kyle B](#) 60 posts since

Feb 18, 2008 6. **Re: food - before long runs and race** Aug 29, 2008 11:37 AM

in response to: [Immer treu](#)

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Immer treu wrote:

Grits are about as close to Kenyan ugali as we can get, probably digesting at least as fast as oatmeal, easier on the gut than most things, and a great source of carbs

I didn't know that. If it's good enough for the Kenyans, it's good enough for me. I hear they're pretty good runners 😊

Told y'all that grits was good for you! 😊



[FormerBAM](#) 4,354 posts since

Aug 21, 2007 7. Re: **food - before long runs and race** Aug 29, 2008 3:55 PM

[↑](#) in response to: [x_39_and_holding_x](#)

[x_39_and_holding_x](#) wrote:

I'm with Tuan. . . except I don't do yogurt so **just throw gatorade up there.**

Throwing up Gatorade doesn't sound all that fun.

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[x_39_and_holding_x](#) 2,954 posts since

Jan 19, 2008 8. **Re: food - before long runs and race** Aug 29, 2008 4:41 PM

↑ in response to: [FormerBAM](#) FormerBAM wrote:

x_39_and_holding_x wrote:

I'm with Tuan. . . except I don't do yogurt so **just throw gatorade up there.**

Throwing up Gatorade doesn't sound all that fun.

Well, have you TRIED it?!?!?! 😊



[TampaTom](#) 252 posts since

Sep 28, 2007 9. **Re: food - before long runs and race** Aug 29, 2008 4:51 PM

Before the long run or race day: banana, granola bar, and a cup of coffee.

During the run I drink plenty of water and gatorade plus I eat Gu after an hour of running and every 45 minutes thereafter.

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[Ruby_2009](#) 1,481 posts since


Jan 19, 2008 10. **Re: food - before long runs and race** Aug 29, 2008 5:37 PM

I'm boring. I usually like to have a 1/2 bagel or a 1/2 pb&j sandwich and a banana. I used to love a cup of coffee with that, but now I just wash it all down with water.



[TampaTom](#) 252 posts since

Sep 28, 2007 11. **Re: food - before long runs and race** Aug 29, 2008 5:53 PM


 in response to: [Ruby_2009](#)

Ruby, why did you give up the coffee?



[Ruby_2009](#) 1,481 posts since

Jan 19, 2008 12. **Re: food - before long runs and race** Aug 29, 2008 6:53 PM

 in response to: [TampaTom](#)

Oh it's just a bet my husband and I have going. We're trying to see if it's possible to cut it out for an entire year. If he wins, I have to buy him a nice road bike. If I win, he has to run a marathon 😊, which he has no desire to do. Haven't thought about a reward, if we both make it.


We've both been feeling the benefits of being caffeine free. We're both less stressed and anxious. He says I'm much nicer now.

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[thefirecat](#) 2,399 posts since

Dec 14, 2007 13. **Re: food - before long runs and race** Aug 29, 2008 7:21 PM

 in response to: [Ruby_2009](#) Ruby_2008 wrote:

Oh it's just a bet my husband and I have going. We're trying to see if it's possible to cut it out for an entire year. If he wins, I have to buy him a nice road bike. If I win, he has to run a marathon 🤔, which he has no desire to do. Haven't thought about a reward, if we both make it.

We've both been feeling the benefits of being caffeine free. We're both less stressed and anxious. He says I'm much nicer now.


Rubes, I'd forgotten all about that bet! I'm also willing to be that he didn't think you were much nicer while you were both detoxing. 😊

I think the prize should be that he gets a mountain bike AND has to run a marathon. 😊 And you can tell him I said so.



[lenzlaw](#) 7,024 posts since

Jan 18, 2008 14. **Re: food - before long runs and race** Aug 29, 2008 8:54 PM

 in response to: [x_39_and_holding_x](#)

food - before long runs and race

x_39_and_holding_x wrote:

FormerBAM wrote:

x_39_and_holding_x wrote:

I'm with Tuan. . . except I don't do yogurt so **just throw gatorade up there.**

Throwing up Gatorade doesn't sound all that fun.

Well, have you TRIED it?!?!?! 😊

Well, yes . . . It's not too bad, as those things go.



[lenzlaw](#) 7,024 posts since

Jan 18, 2008 15. Re: food - before long runs and race Aug 29, 2008 9:07 PM

food - before long runs and race

Before the marathon (3 hours before) about 600 - 700 calories worth of bagels and/or Powerbars (1 hour before) 20 of sports drink (Gatorade usually).

Before a long run (1 hour before) Powerbar or the like.

During (both) sports drink (preferred) or water, as tolerated, gels sometimes, whatever else comes to hand, again as tolerated. In the later stages of the race, pretty much nothing is well tolerated. Thus my prior comment about throwing up Gatorade.

Len

food - before long runs and race



[KarlID_Navy84](#) 737 posts since

Jan 19, 2008 16. **Re: food - before long runs and race** Aug 30, 2008 5:51 AM

↑ in response to: [lenzlaw](#)

Prior to my long run, I usually have a Clif Bar and maybe half a bagel with a smoothie drink about 45 minutes to an hour prior. During the run, I have my sports drink and lately I have been trying a cut up Clif Bar. I can usually wash down the first half of it, which I usually consume about 45 minutes into the run. But sometimes I don't eat the rest of it because I just don't feel like washing it down. They can be pretty dry. The Clif Shots get stuck in my teeth. So for tomorrow's run I am going to go with Vanilla gels again, but I am also going peel and segment a couple oranges and see how that works. I'll put them in a zip loc bag. I think that might work better than the orange slices they give us in the race because my hands won't get all sticky. Oranges don't have quite as many carbs as a Clif Bar, but they will be much easier to get down. I figure I can eat a couple during my run. The one thing I will be checking for is potential reflux due to the acidity. That's usually not an issue for me, but then again, I've never eaten oranges while running. I will provide a report on how that worked on my long run update tomorrow. Talk to you soon.

Karl



[Ruby_2009](#) 1,481 posts since

Jan 19, 2008 17. **Re: food - before long runs and race** Aug 30, 2008 9:28 AM

↑ in response to: [thefirecat](#)

thefirecat wrote:

Ruby_2008 wrote:

food - before long runs and race

Oh it's just a bet my husband and I have going. We're trying to see if it's possible to cut it out for an entire year. If he wins, I have to buy him a nice road bike. If I win, he has to run a marathon 😊, which he has no desire to do. Haven't thought about a reward, if we both make it.

We've both been feeling the benefits of being caffeine free. We're both less stressed and anxious. He says I'm much nicer now.

Rubes, I'd forgotten all about that bet! I'm also willing to be that he didn't think you were much nicer while you were both detoxing. 😊

I think the prize should be that he gets a mountain bike AND has to run a marathon. :)And you can tell him I said so.

Why Sara, that's absolutely brilliant!! I'll let you know what he says. 😊



[dutch omi](#) 4,519 posts since

Jan 19, 2008 18. Re: **food - before long runs and race** Aug 30, 2008 9:37 AM

Somehow my eggs, bacon, toast and coffee seem to get me thru most long runs and marathons. During, snickers bars, water, some gatorade and banana and orange. All that keeps me running. The day before, pasta, pizza, potatoes, anything carb and add chicken or fish to that and needless to say some nice carbie dessert.

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