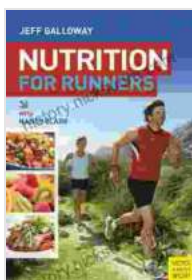


Nutrition For Runners: The Jeff Galloway Plan



Nutrition for Runners by Jeff Galloway

★★★★☆ 4.3 out of 5

Language : English

File size : 10010 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 236 pages

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Nutrition is essential for runners of all levels, but it can be especially important for those who are training for a marathon or other long-distance race. The Jeff Galloway plan is a great way to get the nutrients you need to perform your best, and it can also help you avoid injuries and illness.

What is the Jeff Galloway plan?

The Jeff Galloway plan is a nutrition plan that was developed by Jeff Galloway, a former Olympic runner and coach. The plan is based on the idea that runners need to eat a balanced diet that includes plenty of carbohydrates, protein, and fat. The plan also emphasizes the importance of staying hydrated.

What to eat before, during, and after your runs

The Galloway plan provides specific recommendations for what to eat before, during, and after your runs. Here is a summary of the plan:

- **Before your run:** Eat a meal that is high in carbohydrates and low in fat and protein. Good choices include oatmeal, pasta, or toast with peanut butter and banana.
- **During your run:** If you are running for more than 60 minutes, you will need to consume some fuel during your run. Good choices include sports drinks, gels, or chews.
- **After your run:** Eat a meal that is high in protein and carbohydrates. Good choices include grilled chicken with rice and vegetables, or a smoothie made with yogurt, fruit, and protein powder.

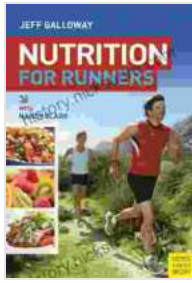
Tips for staying hydrated

Staying hydrated is essential for runners of all levels. The Galloway plan recommends drinking plenty of fluids throughout the day, especially before, during, and after your runs. Good choices for fluids include water, sports drinks, and coconut water.

Here are some tips for staying hydrated:

- Drink plenty of fluids throughout the day, even when you are not thirsty.
- Drink more fluids before, during, and after your runs.
- Carry a water bottle with you when you run.
- Drink sports drinks or coconut water to replenish electrolytes.

The Jeff Galloway plan is a great way to get the nutrients you need to perform your best as a runner. By following the plan, you can avoid injuries and illness, and you can improve your overall performance.



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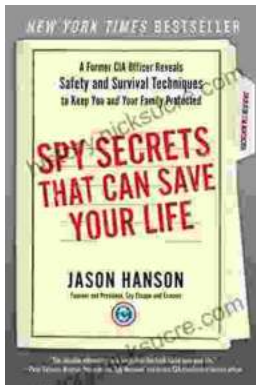
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