



University of Nebraska-Kearney
Loper Track & Field and Cross Country

Nutrition Advice for Distance Runners

Pieces of the Puzzle

- Fact: To become a better runner, you have to run. (There are no short cuts)
- Litmus tests
 - Nutrition
 - Stretching
 - Rest
 - Core exercises
 - Shoes
 - Plyometrics
 - Overall responsibility

Balanced Diet

- Water
 - Everyday discipline
- Carbohydrates
 - More complex than simple
 - Run more, crave more
- Vegetables
 - Develop taste
- Fruits
 - Natural candy
- Dairy
 - Calcium
- Meat
 - Protein
 - Iron (red meat)

Disordered Eating Issues

- Calories!!! The more you run; the more you should eat.
- Anorexia & Bulimia issues with runners
- Female athlete triad
- Warning signs & personality types

Ancillary Topics

- Supplements
 - Varied opinions; not regulated
- Rest & Over-training
 - To maximize the work you, your body needs rest (including easy days & sleep...another everyday discipline).
- Drugs & alcohol
 - What is the motivation for abstaining?
 - Is it selfish? Do coaches promote this?