

Recovery After Runs

Finished Your Run – Nice work!!

- Get electrolytes immediately, fluids, fruit and nuts to pick up blood sugar and sustain
- You will need 2 balanced main meals
 - Complex carbs (1-1.5 cups) + lean protein (depends on size and weight)
+ 1-2 cups of fresh vegetables + L-Glutamine and/or whey shake
- You will also need 2 snacks
 - Protein shake + nut butter + fruit OR 2-4 oz of protein + nuts+ veggies
- Epsom Salt Bath – yes try it, you'll love it!
- No need to carb load, you're finished with your run, you will replenish glycogen storage with your foods for your next run
- Increase protein intake overall

Supplementation

Foundation

Multivitamin
CalMagZinc
Omega 3-6-9

Joint Pain and Inflammation

Omega 3-6-9
Glucosamine Sulfate
Hyaluronic Acid

Short Run or Exercise < 1 Hr

Pre-Run

L-Carnitine
Electromix or Electrolyte
replacement

Post-Run

L-Glutamine
Whey Protein Shake
D-Ribose

Long Run 10+ miles or 1Hr plus

Pre-Run

In 20 oz of water mix:
D-Ribose
Electromix
Karbolyln Nitric Oxide

**Also take above
combination
during run every hour **

Post-Run

Whey Protein Shake
L-Glutamine
D-Ribose

Kre-Alkalyn Creatine

MALES

Pre and Post exercise

FEMALES

Pre-exercise

Other Supplements

Amino Acids
Alpha Lipoic Acid
Flax Seed Oil
Magnesium Malate/Glycinate
Energy Bars
Pregnenolone

Sample Meals

Male – 150 lbs

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|--------|---|
| Meal 1 | 1 cup oatmeal cooked 2 scoop protein shake 1 tbsp nut butter 1 fruit |
| Meal 2 | 1 apple 1 tbsp nut butter |
| Meal 3 | 1 cup brown rice 6 ounces light Turkey 1 cup asparagus 1 cup green beans |
| Meal 4 | 0.5 cups brown rice 4 ounces light Turkey 1 cup tomatoes |
| Meal 5 | 1 apple 12 almonds OR Energy Bar |
| Meal 6 | 1 cup yams 8 ounces fish 2 cups raw spinach 1 cup summer squash |
| Meal 7 | 2 scoops whey shake 1 cup raspberries |

Male – 180 lbs

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|--------|---|
| Meal 1 | 1.5 cup oatmeal cooked 2 scoop whey shake 2 tbsp nut butter 1 fruit |
| Meal 2 | 2 servings of Protein 1 apple 1 tbsp nut butter |
| Meal 3 | 1.5 cup brown rice 6 ounces light Turkey 1 cup asparagus 1 cup green beans |
| Meal 4 | 0.5 cups white rice 4-6 ounces light Turkey |
| Meal 5 | 1 apple 12 almonds OR Energy Bar |
| Meal 6 | 1.5 cup yams 8-10 ounces fish 2 cups raw spinach 1 cup summer squash |
| Meal 7 | 2 scoops whey shake 1 cup raspberries 1 tbsp peanut butter |

Female – 120 lbs

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|--------|---|
| Meal 1 | 1/2 cup oatmeal cooked 1 scoop whey shake 1 tbsp nut butter 1 fruit |
| Meal 2 | 1 pear 1 tbsp nut butter |
| Meal 3 | 1/2 cup brown rice 4 ounces light Turkey 1 cup asparagus 1 cup green beans |
| Meal 4 | 1 orange 12 almonds OR Energy Bar |
| Meal 5 | 4 ounces fish 2 cups raw spinach 1 cup summer squash |
| Meal 6 | 1 scoops whey shake 1/2 cup raspberries |

Female – 150 lbs

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|--------|---|
| Meal 1 | 1 cup oatmeal cooked 1 scoop whey protein 1 tbsp nut butter 1 fruit |
| Meal 2 | 1 apple 1 tbsp nut butter |
| Meal 3 | 1 cup brown rice 4 ounces light Turkey 1 cup asparagus 1 cup green beans |
| Meal 4 | 1/2 tortilla wrap 2 ounces light Turkey 2 cups carrots/celery |
| Meal 5 | 1 banana 12 almonds OR Energy Bar |
| Meal 6 | 1 cup yams 6 ounces fish 2 cups raw spinach 1 cup summer squash |
| Meal 7 | 2 scoops whey shake 1 cup raspberries |