Pre-run meals
One to two hours before

Often these can be on a higher GI scale

- Dried apricots, dates, raisins
- Fresh fruit
- Smoothie (homemade or ready bought)
- Yogurt
- Shakes (homemade or meal replacement)
- Energy or nutrition bars
- Toast with honey or jam
- Porridge or wholegrain cereal with milk
Pre-run meals
Two to four hours before

- Sandwich/roll/bagel/wrap filled with chicken, fish, cheese, tuna, coleslaw
- Jacket potato with beans, cheese, tuna, coleslaw
- Pasta with tomato-based sauce and cheese and vegetables
- Prawn or tofu stir fry with vegetables and noodles or rice
- Pilaff or rice salad
- Porridge with milk
- Wholegrain cereal (e.g. bran or wheat flakes, muesli) with milk or yoghurt
- Fish and potato pie
Post-workout meals

- Milk is a perfect choice – glycogen/protein/hydration
- 500ml flavoured milk, one cereal bar, one banana
- Two slices of wholemeal bread and 50g tuna, one pot (150g) yogurt
- Wholemeal cheese sandwich (two slices of bread, 40g cheese), 100g dried apricots
- 200g baked cheese on two slices of wholemeal toast
- Two cereal bars plus 500ml skimmed milk
- 60g raisins and 50g nuts
- Two Weetabix, 300ml low fat milk, one pot yogurt, 30g sultanas
- A jacket potato (200g) with 200g baked beans and 40g cheese
- Cooked pasta (85g uncooked weight) with 130g chicken breast
- Three oatcakes, 60g hummus, 500g low fat milk