

BEST FITNESS GEAR FOR THE NEW YEAR!

TREADMILL | TOUCHSCREEN-FRIENDLY GLOVES | SMARTWATCH | TRAINING SHOE | FITNESS APPS | RECOVERY TOOL p.49

How Running Saved Me from **Flesh-Eating Bacteria** p.30 | **Your Marathon Training Plan** from Coach Jess p.32

RUNNER'S WORLD

MARTINUS EVANS

Eight-time marathoner, full-time run coach, and founder of the 8,000-member Slow AF Run Club. p.40

THE DANGEROUS LIE OF THE PERFECT RUNNING WEIGHT

More and more research—and real-world experience—is proving there's a simple way to achieve and maintain health, happiness, motivation, strength, and endurance: **Throw away the scale.**

p.34

BEST FUEL



BEST FOOD TO EAT BEFORE A RUN

"Think of carbs as the first fuel choice," says Megan Robinson, RD, a sports dietitian and RRCA-certified run coach who suggests easily digestible options. This helps prevent your muscles from fatigue, as they run on glycogen. She also recommends cutting back on fiber the day before a long run or big race and eating about two to three hours before you start running. If you have more time to digest, go for a meal with a little fat and protein, too. But if you're running against the clock, focus on a smaller meal made of mostly carbs, or even just an electrolyte drink. You can also opt for something with a hit of caffeine. Granola bars will do, but here are a few upgraded grab-and-go options we love:

- VERB ENERGY BAR** for a quick hit of caffeine (it has as much as an espresso) and calories to perk you up right before a run (From \$20 for 12)
- MUSH READY-TO-EAT OATS**, made with whole ingredients and plenty of flavor options, and stored in a convenient package (From \$39 for 6)
- CLEAN ENERGY SMOOTHIE**, blended with a mix of fruits, veggies, and flaxseeds to give you important vitamins, minerals, and calories (\$24 for 8)
- MAURTEN DRINK MIX 320** for an easy-to-digest dose of carbs with a side of extra hydration and nutrients (\$48 for 14)

BEST FOOD TO EAT AFTER A RUN

Aim to get in carbs with protein to refuel your muscles and help build them back up after a run. Robinson suggests going for a snack with a 3:1 carb-to-protein ratio (or as close to that as you can get) and having it within about 30 minutes of your finish. A glass of chocolate milk will do, but so will these delicious bars, all made of wholesome ingredients:

- KATE'S REAL FOOD BAR** for simple, tasty, organic ingredients (\$30 for 12)
- PICKY BAR**, featuring a mix of flavors and lots of nutrients (\$28 for 10)
- KIND ENERGY BAR**, which hits that ideal 3:1 carb-to-protein ratio (\$14 for 12)



BEST FOOD TO EAT DURING A RUN

When you're running for more than 90 minutes, you need fuel, so start around the 30- or 45-minute mark, says Lindsey Elizabeth Cortes, RD, a sports dietitian and the owner of Rise Up Nutrition. Aim for about 30 to 60 grams of carbs per hour, she says, and try to take it in slowly. The products that will work for you midrun depend on your flavor preferences and what your body can handle while you're running, so it's smart to test out a few options. "If you feel like you can't eat on a run, try something and be patient with your GI system as you train it," Cortes says.

Some tried-and-true options many runners turn to include Clif Bloks, Nuun Sport electrolyte tablets, Honey Stinger chews or waffles, GU Energy Gels, and SkratchLab drink mixes. But if you have a sensitive stomach—or you're going the distance in an ultra—you'll want to look for some other options. Our favorites:

- SPRING ENERGY GEL** for those who want real, easy-on-the-gut ingredients or those going for more than four hours who need a hit of protein and fat (\$8 for 2)
- UCAN EDGE FUEL TO GO** for slower-acting carbs that are easier to digest and keep blood sugar stable (\$33 for 12)
- UNTAPPED ATHLETIC FUEL** made of pure maple syrup, with the option for extra sodium, plus raspberry or cocoa (\$10 for 5)