




# FUELING GUIDE FOR THE TRAILS



A person with a backpack is hiking on a rocky trail in a forest. The person is wearing a purple jacket, dark pants, and blue and orange sneakers. The trail is made of dirt and rocks, and the forest is filled with tall, thin trees. The text is overlaid on the image in a bold, black, sans-serif font.

**A PROPER FUELING AND  
HYDRATION STRATEGY  
COULD TAKE YOUR  
TRAIL TRAINING TO THE  
NEXT LEVEL.**



# INTRA-WORKOUT FUEL

Although there is a place for all macronutrients in intra-workout fuel, carbohydrates are your body's preferred fuel source. Carbs provide easy, accessible fuel for your body during endurance training. Aim for consuming 100-200 calories of 30-45g of carbs per hour for exercise lasting more than 1.5-2 hours.

## EXAMPLES OF CARB SOURCES:

Applesauce/Baby food pouches

Chews: Clif Bloks, fruit snacks, Haribo, Honey Stinger Chews, Sour Patch Kids

Dried Fruit: mango, dates, apple, banana

Gels: Clif Shot, Gu, Honey Stinger, Huma, Maurten, Muir, Spring Energy

Pop-Tarts

Pretzels

Stroopwafels: Gu, Honey Stinger

# WATER

Your body is made up of 55-60% water. Water plays a role as a lubricant for joints, temperature regulator, and source for minerals.

You lose water through your breath, sweat, and excretion.

One way to notice your hydration levels is through urine color. If your urine is a pale gold or lighter, you are likely hydrated. If your urine color is light brown or darker, you are dehydrated and need to consume fluids.

When you think of hydrating, you often think only water. Although water is extremely important, it's not the only type of hydration to focus on. Supplementing your water intake with electrolytes both during and after exercise will be more beneficial for those participating in endurance activities.

A way to ensure you're consuming enough water on the trails is to bring a hydration bladder in a vest or backpack, use a handheld water bottle, or a collapsible bottle for a waistband.



# ELECTROLYTES

Electrolytes are essential for bodily functions including maintaining fluid balance and regulating chemical reactions. Electrolytes such as sodium, potassium, chloride, magnesium, calcium, and phosphate can be found in food and drinks.

Electrolytes are important especially for hot, dry, or high-altitude climates, endurance training, multiple daily training sessions, and high intensity training.

The combination of electrolyte drinks and carbohydrates both during and after exercise improve fluid absorption, lower stress and inflammation of training, and increase blood glucose and glycogen synthesis.

## SUGGESTED ELECTROLYTE DRINKS:

Nuun, Skratch, LMNT, Liquid IV, and coconut water

# FUEL & HYDRATION TIMING



**Less than 2 hours of moderate-intensity activity /  
less than 1 hour of high-intensity activity:**

.5-1L of water during activity

.5-1L of water after activity

.25-.5L of water with meals

**2+ hours of moderate-intensity activity /  
1+ hours of high-intensity activity:**

.25-.5L of water 30-60 minutes before activity

30-45g carb + electrolytes in 600mL water every hour during activity

30-45g carb + electrolytes in 600mL water after activity

.25-.5L of water with meals

If hydrating during exercise is new to you, focus on sipping, not chugging fluid.

If fueling during exercise is new to you, focus on consuming foods that generally sit well with you (likely less fibrous).

*Recommendation: fuel early and fuel often.*

For a personalized fueling and hydration strategy, work with me 1:1.  
[Learn more here.](#)



# POTENTIAL CONCERNS

**Bonking** - sudden fatigue and lack of energy due to depleting glycogen stores. To avoid this, you must stay on top of fueling intra-workout.

**Dehydration** - not drinking enough water. Once you've lost more than 2% of water, symptoms may include headache, fatigue, low blood pressure, dizziness, nausea, or rapid heart rate.

**Hyponatremia** - too much water in your system without enough sodium (electrolytes). Signs and symptoms of this include nausea, headache, confusion, and swollen hands and feet.

**Edema** - fluid builds it where it shouldn't. In hikers and runners, it's most commonly seen in hands, feet, and legs.

If you have the option to, I would recommend taking a Wilderness First Aid course to familiarize yourself with emergency situations.



# NEED HELP WITH YOUR TRAIL TRAINING?

## 1:1 ONLINE PROGRAMMING

Achieve your performance goals with a comprehensive 1:1 approach addressing strength, endurance, and fuel.

*\$275/mo*

## KATHLETICS TRAIL

Gain strength and endurance for your hiking and trail running adventures through my templated program.

*\$89/mo, multi-month plans available.*

## VIRTUAL TRAINING OR IN-HOME TRAINING

Strength train with me virtually or in the Highlands Ranch, Colorado area.

*Virtual Training \$77-86/session*

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**KATHLETICS**



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