

Fueling for a Ruck



Time	Fuel & Fluid	Example
Night before event	<ul style="list-style-type: none">• Eat a plate that's high in <i>carbs</i> with <i>lean protein</i>• Drink water!	1900 - Grilled chicken breast, roasted garlic potato wedges, roasted broccoli, mixed fruit salad, and chocolate chip cookie Water
1 hour before event	<ul style="list-style-type: none">• Eat 30-60g carbs• Limit foods high in fiber and fat to avoid upset stomach• Drink 16 oz. water	0500 - 1 serving cereal with low-fat milk, and a banana 16 oz. water
During (every hour)	<ul style="list-style-type: none">• Eat 30-60g carbs every hour. <i>If event is longer than 3 hours, up to 90g carb.</i>• Sip 24 oz. water and/or sports drink every hour	0700 - Honey Stinger Waffle, 24 oz. water 0800 - 2 squeezable apple sauces, 16 oz. water + 16 oz. sports drink 0900 - Nutrigrain Bar + Banana, 16 oz. water + 16 oz. sports drink
After (within 2 hours)	<ul style="list-style-type: none">• Eat a carb-rich meal with 15-30g lean protein• Drink 16 oz. of water per lb. lost	1100 - Scrambled Eggs, bagel with peanut butter, cup of fruit 16 oz. water for every 1 lb. lost

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