Fuelling Cheat Sheet

Simple fuelling strategies for long runs, half marathons and marathons

@running_with_amy_

1. Before Your Run (2–3 hours before)

Goal: Start your run with full glycogen stores.

Recommended: 1–4 g carbohydrates per kg body weight.

Examples: toast with honey or jam, bagel with peanut butter, oatmeal with banana, yogurt with fruit, cereals.

Hydration: 400–600 ml water before running.

Run Duration	Carbohydrates Per Hour
<60 minutes	Usually not required
60–90 minutes	10–30 g
90 min – 2.5 hrs	30–60 g
2.5+ hrs	60–90 g

Start fuelling around 30–40 minutes into your run and continue every 20–30 minutes.

Half Marathon Fuelling Example

Typical finish time: 1:30–2:15. Aim for ~30–60g carbs per hour

Race Time	Fuel
30 - 35mins	Gel
60 - 70mins	Gel
90 - 100mins	Gel
km 17 - 18	Gel

Marathon Fuelling Example

Typical finish time: 3–4.5 hours. Aim for ~60-90g carbs per hour.

Race Time	Fuel
35mins	Gel
1:05	Gel
1:35	Gel
2:05	Gel
2:35	Gel
3:05	Gel
3:35	Gel
4:05	Gel
4:35	Gel

Hydration

Aim for 400–800 ml of fluid per hour depending on temperature, sweat rate and intensity.

Post Run Recovery

Within 30–60 minutes aim for:

• 1–1.2 g carbohydrates per kg body weight

• 20–30 g protein

Golden Fuelling Rules

• Start fuelling early (30–40 minutes).

• Fuel every 20–30 minutes.

• Practice your race fuelling during long runs.

• Never try new fuel on race day.

• Longer races require more carbohydrates.

Practice Your Fuelling

Your long runs are the perfect opportunity to practice your fuelling strategy. This includes testing how much carbohydrate you can tolerate, when to take it, and which types of fuel work best for you. Practicing during training helps reduce the risk of stomach issues and improves your confidence on race day

A Quick Note

Every runner is different. Your fuelling needs will depend on your pace, body, and what your stomach tolerates. Use this cheat sheet as a **guide, not a strict rulebook**. The best approach is to **practice during your long runs and adjust based on what feels right for you.**

Gels Aren't Your Only Option

While energy gels are a popular choice, runners can fuel with a variety of carbohydrate sources. Sports drinks, energy chews, bananas, dried fruit, or even small sweets like jelly lollies can all work.

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