

Cross Country

General Nutrition Guidelines

- Energy: Associated with high energy expenditure for distance running. Middle Distance energy expenditure is moderate.
- Carbohydrate: 5 -7 g/kg/d when training is reduced, as in middle distance and as high as 10 -12g/kg/day during heavy training and racing and in distance.
- Protein: 1.2 - 1.7g/kg/d with higher levels consumed during pre-race seasons for both middle and distance.
- Fat: .8 – 2.0 g/kg/d to match energy expenditure, emphasis on healthy fat

Common Nutritional Concerns

- Energy and Macronutrient Intake
 - Needs are high and proper food intake must be an integral part of training. A structure eating plan should be developed to support training throughout the year. Relative Energy Deficiency in Sport and disordered eating patterns are common. Athletes must know and understand their great energy needs.
- Fluid and Sodium Intake
 - Fluids are essential. Fluid intake must be balanced to avoid dehydration and prevent hyponatremia. Sodium needs must be individualized. Include sodium in products during training and racing.
- Lack of Variety
 - Variety and balance can be difficult day after day. Focus on whole foods and a varied diet.
- Potential for Disordered Eating and Eating Disorders
 - Undue pressure to attain or maintain a low body weight and low body fat percentage puts these athletes at risk. Energy expenditure is high, and athletes can intentionally or unintentionally develop Relative Energy Deficiency in Sport (RED -S). Know the signs and symptoms.