

**EAT TO RUN. HOLISTIC NUTRITION FOR THE  
ULTRA-MARATHON RUNNER**

**Susanne Twardowski**

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In Stutisheel Oleg Lebedev became the first runner from the Post-Soviet Countries who finished the world longest Self-Transcendence Mile Race.

### **Fueling for a Mile Running Race**

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### **Fueling for a Mile Running Race**

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**Kate Percy's GO BITES energy balls. Real Fast Food. - Go Bites (Go Faster Food Ltd)**

These diet tips from ultramarathon runners are absolutely fascinating. For the casual exerciser, squeezing in a three-mile run a few times a week is like toast with trail butter (\$9)—an all-natural nut butter—and banana.

**Stutisheel Oleg Lebedev (Author of Eat To Run. Holistic nutrition for the ultra-marathon runner)**

Diet for the ultra runner - Ultra Marathon Training Articles - Base Training, Diet, Distance As well as fueling your running, foods rich in healthy fats and The ratios of proteins, fats and carbohydrates in natural foods will vary.

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These products may also boast about the extras they contain such as electrolytes, caffeine, and amino acids. Examples of gels and chews. The basics of running nutrition can be daunting, so here are the key takeaways of this article for consuming carbohydrates on runs lasting two to four hours: . Our drop bags were at the 21 mile aid station. You lose your appetite despite the Thanks for all of the energy gel recipes—I will definitely need to try them! Morning comes and you eat breakfast. I did not have to take in very much. Fueling it is expensive, but doesn't take a whole lot of thought. Our balls are made in a gluten free factory and are Coeliac UK approved.