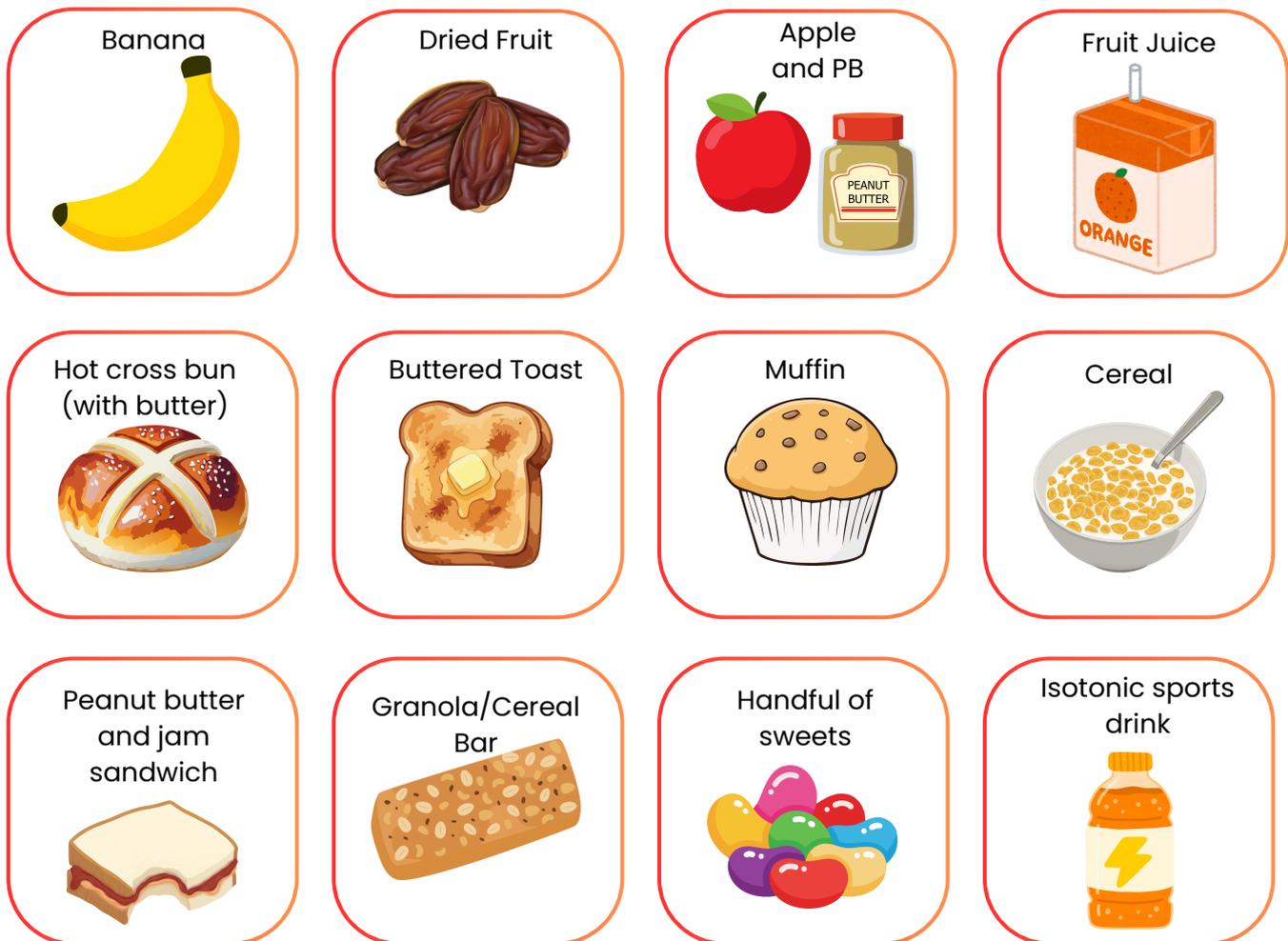


Dietitian Approved Pre-Run Snacks



Why are these Dietitian-Approved?

It's not because they contain special micronutrients that we are all lacking. It's because they give you just what you need before a run - a small but significant boost of carbohydrates that should be fairly easily digestible.

What if I don't like eating before a run?

Super common question and actually the topic of week 9 of the fuelling series but I'll give you a sneak peek now: your gut can be trained to manage food better when you're exercising. So I still recommend you have a snack within the 30min window pre-run.