



GSSI MARATHON RACE DAY TOOLKIT



PRACTICAL TOOLS FOR MARATHON RACE DAY

2026



Introduction

To run **26.2 miles (42.195 km)** is one of the ultimate challenges in sport.

Marathon races represent the **ultimate test of endurance, speed and willpower**. Marathons capture the imaginations of athletes and inspire individuals across the globe to push their bodies to the limits of its endurance. As such, participation in Marathon events has grown with amateur, recreational and professional athletes completing the distance globally. The rise in marathon popularity has been paralleled by a growing scientific interest in the physiological, training and nutritional requirements of marathon running.

The **Gatorade Sports Science Institute (GSSI)** has a long history of sports science research, education and testing athletes to help support their health and performance. Over the last **40 years** the GSSI has experience working with some of the best practitioners, teams, and endurance athletes in the United States, Europe and across the globe. The provision of this service would not be possible without the translation of sports science research into sports science practice. Most recently, the GSSI toolkit series has translated the latest science into practical recommendations for athletes and practitioners.

The aim of this **Marathon race day toolkit** is to provide science-supported guidance on how runners can plan their nutrition and hydration strategy in order to support race day performance. The guide is not designed to cover all topics nor should the guide be considered as a consensus for practice for race day. Instead, the toolkit aims to provide a guide for all runners, independent of their level, to help achieve their individual marathon goals. From finishing, to running personal best times optimising nutrition and hydration strategies are universal consideration for marathon race day performance.

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Contents

The Week before the Marathon: Preparation	4
Nutritional strategies for the final week of marathon preparation	6
Kit and fuelling preparation before the race	10
Sleep the night before the race	11
Pre-race meal and hydration	12
In-race fuelling and hydration	15
Post-race recovery	20
Key Resources	24



KEY POINT Current marathon worlds records:

MEN
Sebastian Sawe
London Marathon 2026:
1:59:30



WOMEN
Ruth Chepngetich
Chicago Marathon 2024:
2:09:56

The Week before the Marathon: Preparation

After months of training, getting the final week of marathon preparation right plays a key role in ensuring that the runners make it to the start line ready and finish line in the desired time.

Some of the key factors to consider in this week include training schedule, diet and hydration, running kit, shoes, as well as sleep. On Race Day, marathon runners must also consider their pre-race meal and their in-race fuelling and hydration strategy. This guide will address all these key elements and provide science-backed recommendations that every marathon runner can reflect upon and implement as needed in the lead up to and during their marathon race.



KEY POINT

Do not make big changes to your nutrition in the lead up to the marathon or on race day. Simply, complete what you have practiced during your training.



Training in the final week of marathon preparation

A common approach in final week of marathon preparation is to reduce training volume. **A practice also known as tapering.** The goal of this strategy is to reduce the fatigue accumulated as a result of the marathon training completed, while still maintaining the physiological adaptations gained in this period.

Reducing training volume by **40-80%** in the last **7-14 days** before competition, while maintaining training intensity and frequency, can increase aerobic capacity, reduce the exercise cost of running, and finally lead to significant improvements in performance.

Tapering marathon training in the final week can be effectively implemented through a variety of modalities. However, the key point is that the volume of running performed is reduced substantially. As a guide runners should continue to train several times this week, keeping duration **less than 30 min** and have at least one high-intensity session (Figure 1). This should be adapted to the individual requirements and preferences of each marathon runner.

Figure 1. Training taper schedule for the week before the marathon.

MON	TUE	WED	THU	FRI	SAT	MARATHON DAY
30 MIN EASY RUN	REST	20 MIN EASY RUN	REST	22 MIN INTERVAL RUN 10-MINUTE EASY RUN 4 x 30 SECONDS FAST 10-MINUTE EASY RUN	REST DAY	



KEY POINT

You can taper your training in the week leading up to the marathon. You may continue to train several times this week but aim to keep the duration to less than **30 min** and include at least one high-intensity session.



Nutritional strategies for the final week of marathon preparation

A key goal for runners on the week of the marathon is to ensure that they eat appropriate quantities of carbohydrate.

The energy for running a marathon primarily come from the bodies store of fat and carbohydrate. The relative use of each fuel primarily depends on the running intensity and duration. As exercise intensity increases, so does the use of carbohydrate. However, whereas even the leanest runners will have abundant stores of fat, the bodies' ability to store carbohydrate is limited. When the store of carbohydrate is depleted in the body, the runner will not be able to maintain their exercise intensity. This phenomenon is affectionately known as "hitting the wall".

At an elite level, both male and female marathoners run a marathon at **80-85% $\dot{V}O_2\text{max}$** and expend around **2400-2800 kcal per race**. From a nutritional perspective, this energetic cost and exercise intensity requires the body to utilise carbohydrate as the predominant energy source for supporting the energy demands of the race. Nevertheless, even in sub-elite and recreational marathoners (where the absolute running speed is slower than elites), the moderate to high relative running intensity still results in considerable depletion of carbohydrate (glycogen) stores. To help support optimal performance during the race, it is recommended that all marathon runners pay attention to loading their muscle (~400g) and liver (~100g) glycogen stores prior to the race, as well as to consume carbohydrate during the race.



KEY POINT

$\dot{V}O_2\text{max}$ is the maximal amount of oxygen the body can take in and utilise to produce energy. It is an indicator of the runners aerobic "engine" and is a good indicator of marathon performance.

Category	Men $\dot{V}O_2\text{max}$ (ml·kg ⁻¹ ·min ⁻¹)	Women $\dot{V}O_2\text{max}$ (ml·kg ⁻¹ ·min ⁻¹)	Example Performance Level
Recreational	< 50	< 45	Marathon >4h
Trained / Club level	50 – 60	45 – 55	3h30–4h men / 4h+ women
Sub-elite	60 – 65	55 – 60	2h40–3h men / 3h–3h20 women
Elite (High-level)	~65-75	60-70	<2h16 men / <2h38 women
World-class (Top-class)	>75	>70	<2h11 men / <2h32 women

Marathon runners may begin to load their carbohydrate stores (muscle and liver glycogen) prior to the race by implementing a carbohydrate loading protocol. Nevertheless, despite the well-established benefits of this strategy it is common for marathon runners to fail to consume sufficient carbohydrates on these days. This means that a large proportion of marathon runners start the race with sub-optimal energy stores and risk premature fatigue earlier in the race. An effective carbohydrate loading strategy should consider the overall duration of the protocol, as well as to the total amount and the type of carbohydrate consumed.

“Straight ahead is shortest, but not always easiest.”



KEY POINT

Carbohydrate is stored as glycogen in our bodies. This store is limited and is **gradually depleted** over the marathon distance as it is used to generate energy.



Marathon runners may start their carbohydrate loading protocol **36-48 hours** before the race. The aim is to consume **8-10 grams** of carbohydrate per kg of their body mass per day. Ideally, this loading protocol should be practiced before the final “long runs” in marathon training. In practice, runners often fail to plan accordingly and achieve a sufficient carbohydrate intake in the last two days before the marathon. Furthermore, a common mistake for marathon runners is to over consume carbohydrates at the pre-marathon dinner, which increases the risk of stomach distress during the run.

High fat and fibre-rich dietary carbohydrate sources should be reduced during loading protocols, as when overconsumed these foods can lead to stomach distress. Instead, the emphasis during the carbohydrate loading protocol should be placed on simple carbohydrates with a high glycaemic index (GI). A great way to ensure target carbohydrate intakes are achieved on these days is to include a range of carbohydrate rich foods, snacks and, importantly, drinks in the diet. The latter can help increase carbohydrate intake, without adding excess volume to the diet, helping reduce stomach distress.

An example diet achieving **10 g of carbohydrate per of body mass for a 60 kg runner** is presented opposite. Importantly, this amount should be adjusted by each runner based on their body mass and also based on food preferences. Runners should be encouraged to experiment with the carbohydrate loading protocol several times in the marathon preparation to ensure that their stomach can tolerate the increased carbohydrate intake.



KEY POINT

Marathoners may consume **8-10 g** carbohydrate per kg body mass in the last **36-48h** prior to the race. Their diet on these last two days should consist predominantly of simple carbohydrate with a high GI index. Fibre and fat rich foods should be reduced to reduce the risk of GI distress.

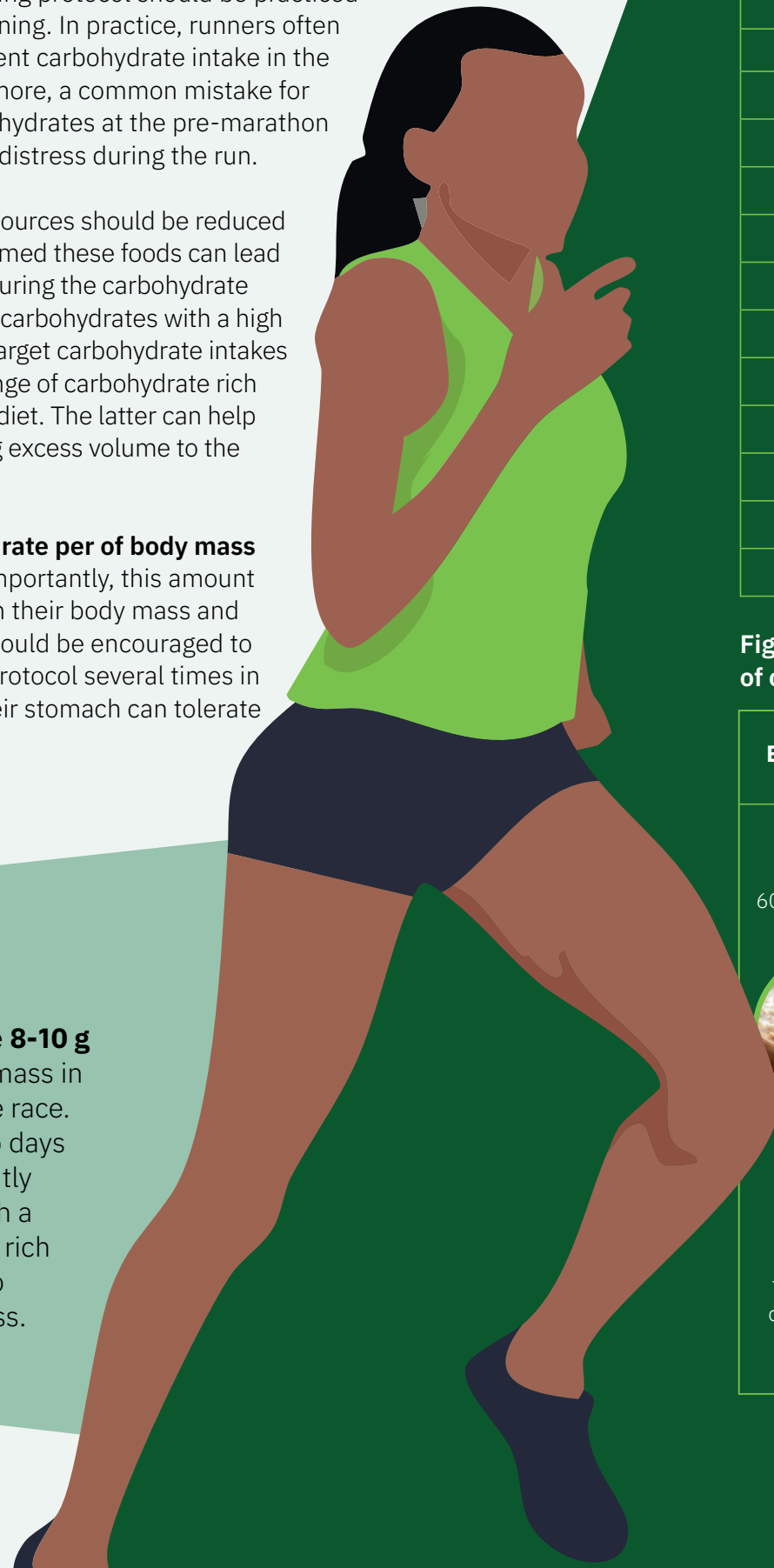


Table 1. A carbohydrate loading protocol guide based on body mass.

Body Mass		Recommended Carbohydrate Intake (g) Per Day Based on Body Mass		
kg	lb	8 g/kg BM/d	9 g/kg BM/d	10 g/kg BM/d
60	132	480	540	600
65	143	520	585	650
70	154	560	630	700
75	165	600	675	750
80	176	640	720	800
85	187	680	765	850
90	198	720	810	900
95	209	760	855	950
100	221	800	900	1000
105	232	840	945	1050
110	243	880	990	1100

Figure 2. A carbohydrate loading protocol providing ~10g.kg body mass of carbohydrate for a 60kg runner.

BREAKFAST	MID-MORNING SNACK	LUNCH	MID-AFTER-NOON SNACK	HOME-MADE SMOOTHIE	DINNER
Apple and Cinnamon Porridge + 600ml Gatorade Sports Drink	1 Fruit Yoghurt pots + 60g of dried apple slices	Butternut Squash Risotto + One large glass of orange juice	Large Bowl of Rice Pudding with extra honey + 50g raisins	Home-made Smoothie (banana, pineapple, orange juice, honey and ice cubes)	Chicken stir-fry served with Udon noodles + Gatorade Sports Drink
					
					
770kcal, 90g carbohydrate, 27g fat and 17g protein	280kcal, 60g carbohydrate, 5g fat, 6g protein	855kcal, 144g carbohydrate, 21g fat, 24g protein	548kcal, 96g carbohydrate, 12g fat and 14g protein	335 kcal, 84g carbohydrate, 1g fat and 4g protein	889 kcal, 130g carbohydrate, 17g fat and 55g protein



Kit and fuelling preparation for the race

Having the appropriate kit and fuel for the race is vital to ensure a successful marathon.

Running trainers are an essential aspect of kit. Ensure the trainers that will be worn have been “tested” in a few runs before race day. These should be comfortable and fit for purpose. The same goes for all other items of clothing such as socks, shorts and shirts. An additional consideration is what to wear whilst waiting to start the race. It is common for runners to be stood still for some time before the race starts. Here, runners may choose to wear an old hoodie or coat that will keep the runner warm and dry before disposing (donating) it at the start. Getting all kit prepared, as well as attaching the race number and tracking chip the night before is good practice.

The same preparation should extend to your nutrition and hydration. Having a prepared fuel and hydration plan for the marathon is key. Place items with kit to ensure this key component to performance is not forgotten. It may be useful to carry a little more than what is needed as a precaution in case of damage or loss. Prepare breakfast (both food and fluid) for the morning of the race, again this should be tried and tested in training, to know what works.



KEY POINT

Prepare the day before your running kit, trainers, race number, fuelling and hydration for the race day. Place all items together to ensure that you do not miss anything on race day and reduce anxiety/nerves.



Sleep the night before the race

Sleeping well the night before the race can play an important role in race performance.

Studies show that adequate sleep improves aerobic running performance, decision making and reduces risk of injury. However, it is common for runners to struggle to get to sleep in the night before the marathon for a multitude of reasons including nerves and anxiety related to the race, early wake-up time on the morning of the race, sleeping in a different bed when the race takes place away from home, etc.

Marathon runners can follow the following tips to ensure adequate sleep duration and quality:

- 1 Aim to sleep **7-9 hours** on the night before the marathon.
- 2 Maintain a consistent bedtime and wake up time in the week leading up to the marathon. Set this up based on the timing of the race. For example, **if the race starts at 9am, plan to wake up at 6am** on the day of the race, bedtime for the entire week leading up to the race should be **~10pm** and wake up time should be **~6am**.
- 3 Try keeping a **to do list** in the day before the marathon and ensure that running kit, pre-race meal and fuelling and hydration for race are all prepared. This will help reduce worrying and reduce anxiety, which will allow a more qualitative night sleep.
- 4 Aim to make activities at night **calming** to prepare you for sleep. Try reading a book or taking a warm bath or shower
- 5 **Avoid** having too much food close to bedtime and having caffeine **past noon time**.



KEY POINT

Keep a consistent bed time and wake up for the entire week before the race. Set up your wake up time based on the timing of the race and aim to sleep **7-9 hour every night of the week**. Including the night before the race.

Pre-race meal and hydration

The goal of the pre-marathon meal is to ‘top up’ carbohydrate energy stores, while preventing stomach distress and hunger during the race.

Importantly, the liver glycogen stores, an important fuel source during the race, are reduced overnight when we sleep by **~50%**. Therefore, the carbohydrate content in the pre-race meal, which usually before a marathon is represented by breakfast, plays a key role in ‘topping up’ the liver glycogen stores. The pre-run meal should include **2.5 grams** of carbohydrate per kg of body mass and should be consumed **3-4 hours** before the race. This will provide sufficient time for digestion and will reduce the likelihood of any stomach distress during the race. This meal should be low in fibre and fat, to further reduce digestion time. Runners should reach the starting line with their muscle and liver energy stores full but feel light in their stomach. Several examples of pre-race meals are presented below.

Table 2. Recommended Carbohydrate Intake (g) Per Meal Based on Body Mass

Body Mass		Recommended Carbohydrate Intake (g) Per Meal Based on Body Mass
kg	lb	
60	132	150
65	143	163
70	154	175
75	165	188
80	176	200
85	187	213
90	198	225
95	209	238
100	221	250
105	232	263
110	243	275



Figure 3. Pre-race meal examples.

4 Large Pancakes served with jam and berries + 500ml Gatorade Sports Drink	Porridge with honey and berries + 500ml Gatorade Sports Drink	Large bowl of corn cereals with skimmed milk, sliced strawberries and 1tbsp of honey + 500ml Gatorade Sports Drink	2 Bagels served with jam and fresh strawberries + 500ml Gatorade Sports Drink
820kcal, 166g carbohydrate, 9g fat, 26g protein	786kcal, 147g carbohydrate, 11g fat, 19g protein	580kcal, 131g carbohydrate, 2g fat, 15g protein	739kcal, 148g carbohydrate, 3g fat, 20g protein

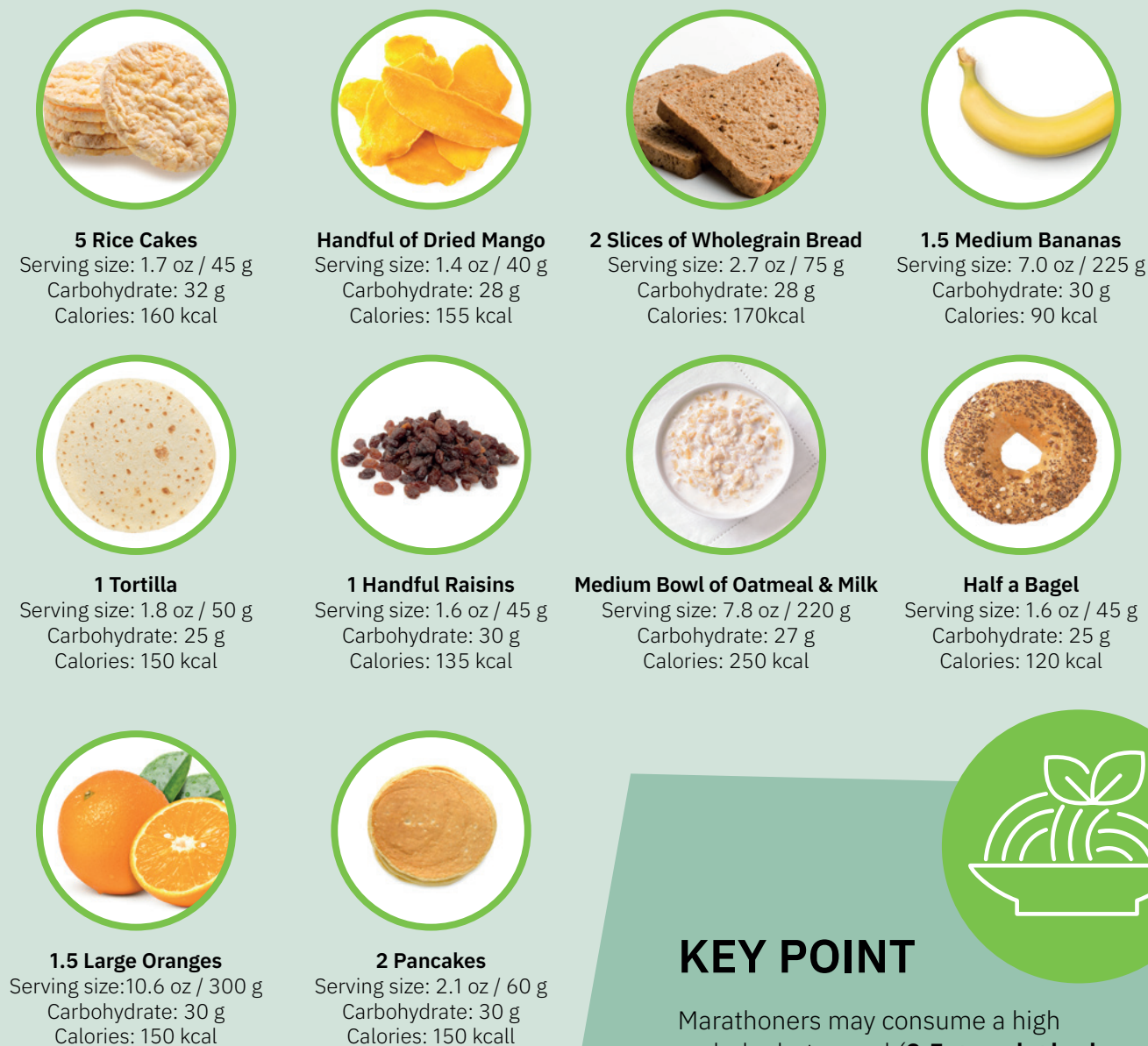
In addition to their pre-race meal, marathoners should also pay close attention to their hydration in the morning of the race and ensure they start the race in a euhydrated (optimally-hydrated) state. This can be achieved by slowly drinking **~5–7 mL** of fluid per kg body mass with the pre-race meal (e.g. **350–500ml for a 70 kg runner**). If no urine is produced, or if urine is dark or highly concentrated, slowly drink more fluid (**~3–5 mL per kg of body mass**) about **2 hours before the race**. Sports drinks such as Gatorade Sports Drink are preferred in the morning of the race as these can support both hydration and fuelling requirements.

Table 3. Recommended fluid intake at pre-race meal based on body mass.

Pre-Exercise Body Mass		Recommended Fluid Consumption Pre-Exercise Based on Body Mass			
		Millilitres		Equivalence in fluid ounces	
kg	lb	5ml/kg BM	7ml/kg BM	5ml/kg BM	7ml/kg BM
60	132	300	420	10	14
65	143	325	455	11	15
70	154	350	490	12	17
75	165	375	525	13	18
80	176	400	560	14	19
85	187	425	595	14	20
90	198	450	630	15	21
95	209	475	665	16	22
100	221	500	700	17	24
105	232	525	735	18	25
110	243	550	770	19	26

Finally, in the last **60 minutes prior to the race**, runners may wish to consume an additional source of carbohydrate. This will help preserve the stores of energy in the body as the runner begins the race. Runners can aim to consume **~30 grams** of easily digestible carbohydrates. Examples are shown below. Whichever source of carbohydrate chosen, ensure it is practiced in training first.

Figure 4. Snacks providing ~30g of carbohydrate per serving size provided



KEY POINT

Marathoners may consume a high carbohydrate meal (**2.5 g per kg body mass**) **3-4 hours** before the race. They should also aim to drink **5-7 ml of fluid per kg body mass** with the **pre-race meal**. This will help ensure that runners start the race fuelled and hydrated.

In-race fuelling and hydration

Consuming carbohydrate during the Marathon Race plays a key role in supporting performance and ensuring the finish line is reached within desired goals. For endurance events that last over **2.5 hours**, marathon runners may aim to consume **60-90 g** of carbohydrate per hour.

This quantity of carbohydrate may be consumed from a mix of glucose and fructose, as the amount of carbohydrate that can be digested, absorbed and utilised by our muscles is increased with dual-source carbohydrates as opposed to only ingesting glucose or fructose alone. This combination of sugars will also help the uptake of fluid into the body. In practice, marathon runners often under-fuel during races or do not practice their hydration plan which can negatively impact performance.

Consuming **60-90 g** of carbohydrate **per hour** can be achieved by consuming a mix of sports drinks, water, gels and solid foods during the race. Examples of carbohydrate-rich drinks and foods that can be included as part of the marathon fuelling strategy is presented below. It is paramount that runners try their fuelling and hydration strategy in training several times prior to Race Day. It is also important to emphasise that runners work towards consuming the recommended carbohydrate intake during training. For example runners are advised to start with a lower intake that feels comfortable (e.g. 15, or 20 g per hour) and slowly build intake up until they can comfortably consume between **60 and 90 g per hour**. This process is referred to in the scientific literature as 'gut training'.

Figure 5. Example of carbohydrate drinks and snacks that can be consumed during the race. The following options provide ~15-30g of carbohydrate depending on half or full per serving, respectively.





KEY POINT

Fuelling and hydration strategies for completing the marathon can be met by **ingesting various combinations of carbohydrate and fluid**.



Marathon runners should ensure that they hydrate appropriately during the event. Marathon runners will lose body water during the run, as they sweat to thermoregulate. A loss in body mass should be expected. The volume of water lost whilst running will depend on the runners sweat rate. Although, individual variability exists, decrements in performance may usually occur when dehydration **exceeds 2% of pre-race body mass**, especially when running in a warm climate. Therefore, as a guide, a hydration strategy during the Marathon Race should limit body mass loss to **< 2-3%** over the course of the race.

Importantly, sweat losses vary significantly amongst individuals. In addition, the composition of sweat also varies between runners. Sweat is not plain water but contains varying concentrations of electrolytes. When runners sweat, they do not just lose water, but also electrolytes from the body. This is why sports beverages such as Gatorade contain fluid and electrolytes to help replenish the key electrolytes (Sodium, Chloride) lost in sweat.

Runners are advised to develop a personalised hydration strategy for the marathon. Sweat rates can be determined during a Long Run completed at a similar marathon pace, by tracking body mass before and after the session, as well as by measuring fluid intake and the total duration of the run. The formula used for this is presented in the Figure opposite.

Table 4. Changes in body mass that lead to a 2% dehydration based on different pre-exercise body mass

Pre-Exercise Body Mass		Body Mass at 2% Dehydration Threshold	
kg	lb	kg	lb
60	132	58.80	129.4
65	143	63.70	140.1
70	154	68.60	150.9
75	165	73.50	161.7
80	176	78.40	172.5
85	187	83.30	183.3
90	198	88.20	194.0
95	209	93.10	204.8
100	221	98.00	216.6
105	232	102.90	227.4
110	243	107.80	238.1

Figure 6. Sweat rate calculation formula.

*Please convert grams to kilograms, millilitres to litres and minutes to hours before calculating sweat rate

Name:

Date:

Pre-exercise body mass

Post-exercise body mass

Body Mass Loss

kg

kg

kg

Fluid/Bottle Weight Before

Fluid/Bottle Weight After

Fluids Consumed

ml or g

ml or g

ml or g

Food Weight Before

Food Weight After

Food Consumed

g

g

g

Urine Loss During Exercise

Exercise Duration

ml or g

mins

Sweat Rate

Body Mass Loss

Fluids Consumed

Food Consumed

Urine Loss During Exercise

kg

l or kg

kg

l or kg

Exercise Duration

hours

Sweat Rate

l/h



Once sweat rate is calculated, runners can select a fluid intake that prevents a loss of over 2-3% body mass over the duration of the race, while still feeling comfortable in their stomach when ingested. Importantly, determining individual fluid requirements prevents runners from over drinking. Runners should not accumulate body mass during a run through drinking.

Drinking sports drinks during the marathon have the dual benefit of supporting both hydration (fluid and electrolytes) and fuelling (carbohydrate) requirements of the runner. Marathon runners should consider both their carbohydrate and hydration requirements for their in-race strategy. Examples for ensuring effective fuelling and hydration during a **3h** and a **4:30h** Marathon are presented on the next page. Both strategies should be adjusted to meet the personal requirements and preferences of each marathon runner.



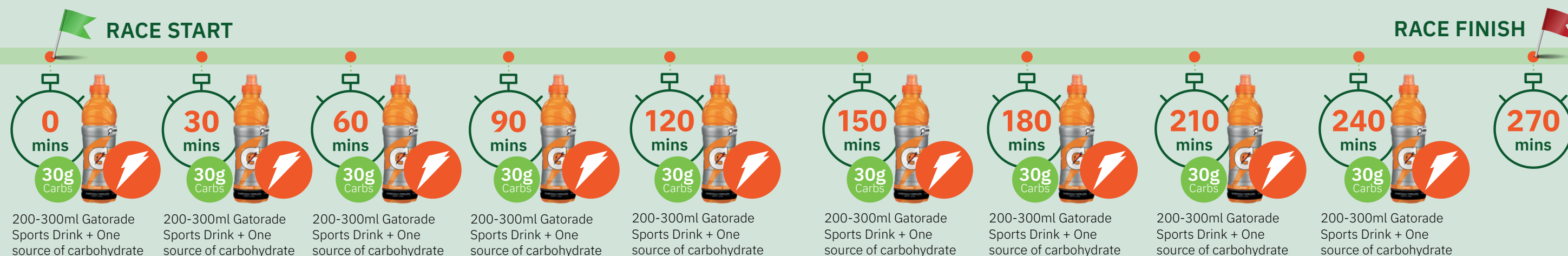
Figure 7. Example of a 3h marathon fuelling and hydration plan providing 60g of carbohydrate, 400-600ml of fluids and 200mg sodium per hour (based on a 0.8 L/h sweat rate).

A Gatorade sports drink may be consumed at each timepoint and accompanied by a half portion of one of the carbohydrate sources in Figure 5. The carbohydrate source can be modified based on personal preferences.



Figure 8. Example of a 4.5 h marathon fuelling and hydration plan providing 60g of carbohydrate, 400-600ml of fluids and 200mg sodium per hour (based on a 0.8 L/h sweat rate).

A Gatorade sports drink may be consumed at each timepoint and accompanied by a half portion of one of the carbohydrate sources in Figure 5. The carbohydrate source can be modified based on personal preferences.



KEY POINT

Marathoners may aim to consume **60-90g** of carbohydrate per hour during the race. They should also aim to ingest a personalised fluid intake that allows them to limit total body mass loss over the race to **<2%** of pre-race weight. It is key that marathoners tried their fuelling and hydration strategy multiple times in training and are accustomed to it.





Post-race recovery

All runners should be congratulated on reaching the finish line! Running a marathon is an amazing achievement which less than 1% of the world's population will accomplish and thus, celebrations are in order.

Despite the well-known phase “never again”, approximately **20% of runners** go on to run and complete multiple marathon events.

It is important to recognise that completing the marathon leads to numerous adverse metabolic, immunologic, and physiological changes that may diminish athletic performance and may adversely affect the overall health status of an individual, especially in the absence of sufficient recovery.

From a nutritional perspective, running a marathon leads to depleted energy stores, a significant degree of muscle damage, increased levels of systemic inflammation and oxidative stress, and potentially considerable levels of dehydration. It is therefore recommended that following completing the race, glycogen is replenished (Refuel by ingesting carbohydrate), muscle tissue is repaired (by ingesting protein) and fluid losses are replaced (Rehydrate by drinking water and electrolytes). Furthermore, adequate sleep will facilitate tissue repair and promote full recovery.



Refuel: Carbohydrate

At the end of the marathon, glycogen stores will be largely depleted and need to be replenished afterwards. This can be achieved by eating carbohydrate rich foods. Research studies show that it can take more than **48-72 hours** for muscle glycogen stores to be replenished after completing a marathon.

Runners are advised to consume a snack or a drink containing carbohydrate after finishing the race, within **30 minutes** if possible. Following this, a meal which contains carbohydrate should be consumed (see below for examples), ideally within **~2 hours**. An increased carbohydrate intake should be maintained for the remaining of the day, with carbohydrate-rich foods, snacks and drinks being prioritised.

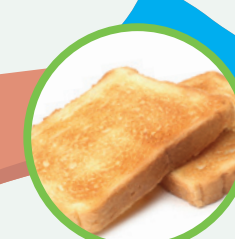
Figure 9. Carbohydrate-rich snacks that can be consumed post-race.



Banana



Sports Drink



Bread/Toast



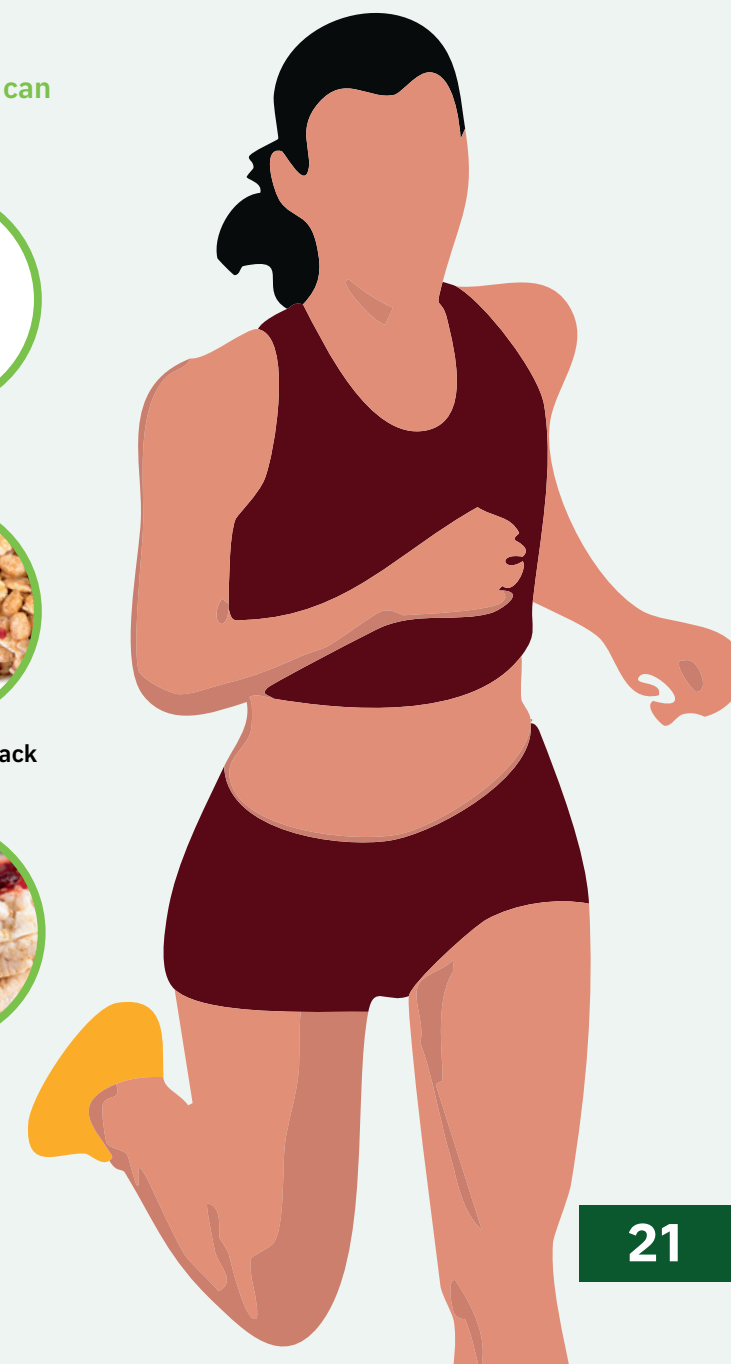
Cereal Bar/Flapjack



Cereal/Granola



Rice Cakes



Repair: Protein

Following the race, muscles need to repair and remodel in the process of adapting to the demands of marathon running. Consuming protein after the race helps muscles to rebuild and repair. To help improve muscle repair and adaptation after the race runners should aim to consume approximately **20-30 grams** of protein at regular intervals (i.e., every couple of hours). Following the marathon, this can be achieved by:

- Ingesting high protein snack (alongside a high carbohydrate snack)
- Ingesting meals high in protein (and carbohydrate) **~2 hours afterwards** (see examples below)
- Ensuring protein rich foods are incorporated into meals for **24 hours** afterwards

Figure 10. Recovery meals rich in carbohydrate and protein



Pasta with sauce
Carbohydrate: Pasta
Protein: Meat in the sauce e.g., beef mince or chicken



Rice/noodle based stir fry
Carbohydrate: Rice/noodles
Protein: Meat, tofu or fish in the stir fry



Jacket potatoes with filling
Carbohydrate: Potato
Protein: Filling e.g., tuna, beans, chicken



Sandwiches with filling
Carbohydrate: Bread
Protein: Filling e.g., lean meat, egg, tuna

Figure 11. Pre-bed drinks and snacks.



Hot Chocolate



Bowl of Yoghurt



Cottage Cheese on Crackers

Rehydrate: Water and electrolytes

Rehydration is an important part of the recovery process in order to replace fluid lost during the race. The aim is to completely replace fluid and electrolyte losses that took place during the race, which can be substantial especially if completing the marathon in a warm environment. Rehydration may start immediately after the race by sipping on a sports drink or water. Continue to prioritise drinking fluids with meals. In most situations, normal eating and drinking practices will replace the water and sodium that has been lost during the race. However, if dehydration is severe (**>5% of body mass**), it is recommended to drink **1.5 L of fluid for each 1 kg of body mass lost**.

Figure 12. Post-race dietary and fluid intake.

POST-RACE DRINK (<30 MIN)	POST-RACE MEAL (2-2.5H)	SNACK	DINNER	PRE-BED SNACK (~1H BEFORE SLEEP)
500 ml Chocolate Milk + 1 Banana	Chicken Katsu Curry + 500-600 ml fluids	Greek yoghurt, mango & granola + 250-350ml fluids	Creamy tofu and king prawn noodles with flatbread + 500-600ml fluids	Cottage cheese, honey, banana and berries
470kcal, 82g carbohydrate, 8g fat, 20g protein	1059 kcal, 119g carbohydrate, 45g fat and 44g protein	570kcal, 84g carbohydrate, 22g fat, 22g protein	821kcal, 97g carbohydrate, 23g fat and 51g protein	340kcal, 58g carbohydrate, 3.5g fat, 23g protein



KEY POINT

Marathoners should focus post-race on three key nutrition principles: **Restore, Repair and Rehydrate**. Consuming a diet rich in carbohydrates, protein, fluids and electrolytes can aid recovery following the race. Sleep should also be prioritised to repair and recover the body.





Key resources

Gatorade Sports Science Institute: www.gssiweb.org

Female athlete tool kit: [GSSI Female Athlete Toolkit - Gatorade Performance Partner](#)

Sports Nutrition tool kit: [GSSI Sports Nutrition Toolkit - Gatorade Performance Partner](#)

Marathon Preparation toolkit

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