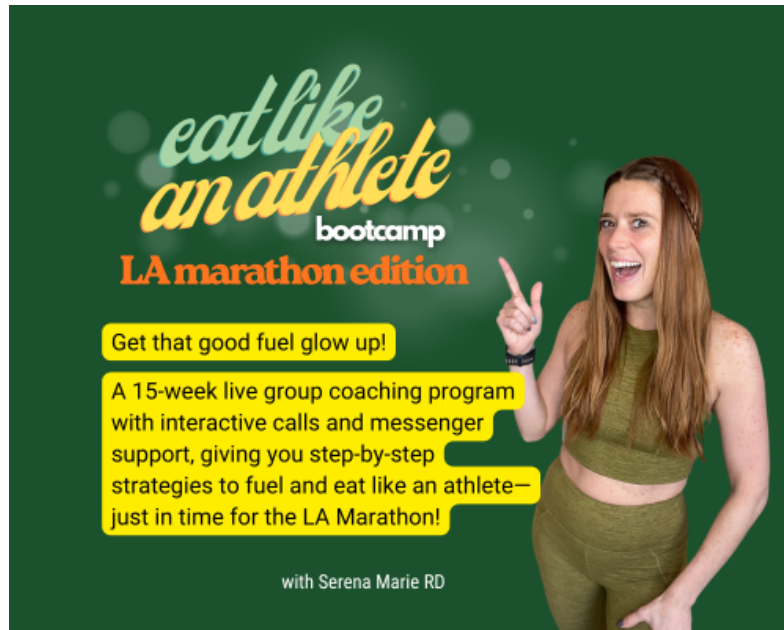


🔑 Your LA Marathon Fueling Recap: How to Train Stronger, Recover Faster, and Show Up Ready on Race Day

with Serena Marie RD, [@runnergirl dietitian](#)



☐ Eating ENOUGH > “eating clean” or “being thin”

- Adequate fuel helps to support **hormones**, **prevent injuries**, maintain a **strong metabolism**, & **improves your performance**

☐ Figuring out how much to eat

- Carbs: 3–12 g/kg depending on training load
- Protein: 20–40g per meal, ~1.8–2 g/kg daily
- Fat: 20–35% of calories.
- Hydration: ~½ body weight in ounces + sweat replacement
- Remember to adjust carbs up or down depending on your training volume

The [Eat Like an Athlete Bootcamp: LA Marathon Edition](#) gives you a running dietitian in your corner! I'll help you dial in the right amount of food for your body, every step of the way. No guesswork, just personalized strategies to keep you energized, injury-resilient, and ready to crush the LA Marathon.

☐ Pre-Run Fueling

- <30 min = ~30g low-fiber carbs (banana, Electrolit sports drink, granola bar).
- 1–2 hrs = 1–2 g/kg carbs + a bit of protein/fat/fiber.
- Train your gut → introduce small, low fiber carby snacks before a run & keep slowly increasing!

💡 “I can’t eat before my run” isn’t an excuse—it’s a problem we’ll fix. In the [Eat Like an Athlete Bootcamp](#), I’ll help you troubleshoot GI issues so you can fuel confidently.

☐ Post-Run Recovery

- 20–40g protein + carbs
- Hard runs/90+ min = 0.5 g carb per lb bodyweight (~1–1.2 g/kg).

- Snack ideas (Optimum Protein shake + banana, yogurt + cereal, tuna + crackers, sweet potato + Greek yogurt)

💡 Post-run fueling isn't optional—it's your ticket to faster recovery and stronger workouts. We'll create a recovery plan that actually works for you inside the [Bootcamp](#).

🚀 Eat Like an Athlete Bootcamp: LA Marathon Edition

- 15 weeks of live group coaching + daily support
- 8 live calls with me
- Lifetime access to recipes, resources & modules for future races
- 📄 **Pricing**
 - ~~Regular price = \$1097~~
 - **But you can save BIG as a member of LA Road Runners, especially if you join early:**
- ✅ \$797 — when you join by October 2nd at midnight PST
- ✅ \$897 — October 3rd–15th midnight PST
- ✅ \$997 — October 16th–November 1st midnight PST
 - 🏪 HSA/FSA cards are accepted.
 - ✨ Coupon codes:
- **LAROADRUNNERS** = one payment of \$797 (through Oct 2nd at midnight)
- **LAROADRUNNERSPP** = 4 monthly payments of \$200 (available until Oct 2nd at midnight)
 - 🖱️ [Click here to Enroll in the Bootcamp](#)