

# Runner's Nutrition Course

*Nutrition to fuel your training & race day*



6 session (12 week) course for runners training for their next half/full marathon & looking to optimize and personalize nutrition for training and race day

## DETAILS:

Start Date: January 16, 2024

End Date: March 19, 2024

*Program includes the following:*

- 2 week blocks to cover and master 1 nutrition topic
- Facebook Live Sessions - every other week (recorded if absent)
- Private Facebook Group - Q/A, education, tips, videos, community
- Confidence to nail your nutrition in your next race/long run

## TOPICS:

- Pre Run Nutrition
- During Run Nutrition
- Post Run Nutrition
- Recovery Aids
- Hydration/Electrolytes
- Sweat Rate Testing
- Supplements
- Building & Testing Your Plan

**COST: \$195**

## REGISTER:

Scan QR code below or email [svspnutrition@ascension.org](mailto:svspnutrition@ascension.org)



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