

Runners Gut?

How to turn your
run into fun!



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Avoiding Runner's Gut

Fibre

01



Low fibre diet is recommended the morning of, and for some, the night before the event. This is the one time I recommend white bread & avoiding wholegrains.

Hydration is important all the time, not just the day before. Poor hydration can play a role in constipation & resulting in bowel emptying when you run. Not ideal!
Have a glass of room temperature water on waking.

Hydrate

02



Caffeine

03



Caffeine can aid with bowel motions. However, timing the caffeine well so the bowel movement isn't happening on your run is the key. Some people aren't tolerant of caffeine so this is something that needs to be tested.

Dairy (predominantly cow's milk), artificial sweeteners & sugar alcohols can be a digestive trigger for many runners. It's worthwhile having a test period without these in the diet.

Gut Irritants

04



Toilet Visit

05



Giving yourself sufficient time to visit the toilet to allow your bowels to function without the stress of running late. Many of us get stage fright, even our bowels.

Skip the oats the morning of an event or run. No, there's no science behind it that I can find, other than fibre. However, I have many clients who have ditched the oats pre-run and have a happy runner's gut!

Oats

06



Food Timing

07



Ensure there is enough time to digest food before your run. Liquid energy can be a better option if you are short on time.

More so for events or performance sessions where anxiety & nerves can come into play. Deep breathing/square breathing can be very helpful here.

Breathe

08



Tried ALL the things?

You've tried ALL the things?
Still having issues such as diarrhoea, nausea, gut pain?
Your runs would be awesome if you had a happy gut?

It might be time to see me and explore further.

Happy Gut, Happy Runner!

Book Here
Happy Gut for Me Please!!

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