Best Breakfast to Eat Before a Run

Cameron Bruce

Notre Dame School

Table of Contents

Acknowledgements

I want to thank Mrs. Yee. I would also like to thank my parents for helping me and encouraging me.

Purpose and Hypothesis

The purpose of this experiment is to see what the best breakfast to eat before a run. I wanted to see which one would work the best because as a runner I was curious if any of them would make me feel better. If I test a plain bagel, oatmeal, and pancakes to see which one makes me feel better I think the plain bagel will because it is full of carbohydrates.

What is the best thing to eat for breakfast before a run? It is important to eat right the day of a cross country race or track meet, it can affect an athlete's performance or the way they feel. The amount of food one eats is also important to pay attention to considering how soon the event is. Even just drinking water can be very important for a pre-race breakfast. It is important to eat a nourishing meal before exercise because it burns calories so easily and quickly.

How close to an event should a runner eat? Many experienced runners or scientists say that an exceptional time to eat before a race is two to three hours. Researchers say it has shown a performance gain. Others endorse that runners have a little snack to fill them up an hour to thirty minutes before running. It all depends on how long of an exercise a runner is going to accomplish. If one was only running a mile it should be normal to just eat breakfast around an hour or two before, but let's say someone was running a marathon. Then it could be more necessary to fuel themselves sooner to the event. (Luff, 2020)

How much water should an athlete consume beforehand of a race? Appropriate hydration is very demanding. If a runner isn't hydrated enough for whatever event they are attending many injuries, headaches, and displeasure may happen while running. Running experts even say that being dehydrated can easily make a great difference about how fast one can go. How much water should a runner drink beforehand? Advice recently given says that one should just drink every time they are thirsty. Evidence from scientists says that just drinking water when one is thirsty can prevent becoming dehydrated. (Luff, 2020)

Why would eating be important before running? It is highly mandatory to be nourished for a race. A runner on average burns about one hundred calories per mile. .(Luff, 2020) Being nourished and healthy is imperative to being successful because it takes so much physical and mental strength to run.

How much food should an athlete eat before they run? This is important because one's run won't be as efficient if one eats too much or too little. Consuming 300 to 400 calories before a run is a perfect amount. Although, if an athlete has a routine that works for them then they should stick to it. (Angle, 2018)

What are the most successful foods to eat before a run? When foods have carbohydrates they are good to eat before running. It can give an athlete a good fueling pre-run meal. Examples of foods to eat include, a plain bagel, spoon of peanut butter, oatmeal, granola, and other foods similar to these. (McCoy, 2020)

What foods should one avoid eating before a run? People may think that foods with high protein and foods with high fiber would be good but they could be problematic during a run. They can lead to stress or cramps. They take longer for the body to digest. Such foods are broccoli or high fiber veggies, apples or other high fiber fruits, cheese, red meat, caffeine, and spicy foods. (McCoy, 2020)

Stick to a routine. It is important to stick to a good routine of eating and when one eats before a run. Many runners, such as myself, have good routines of how close to a race they eat or how much they eat or even what they eat. If an athlete's body is well conditioned and has a good routine then it will most definitely be more successful because of its experience.

Overall it may be said, it is important to eat right before a run. It is important to eat the right amount of food to nourish your body and it is important to eat at the right time before a run. There are many factors that should go into what a runner should eat before a run. Even being hydrated should be very important. So all these factors can make up the perfect pre-run breakfast.

Materials

- Each food (bacon, plain bagel, apple)

- Clothes comfortable to run in

- Appropriate running shoes

- Track or course

- Phone or stopwatch

- Paper to write down notes

- Time

Procedure

The first step to this experiment after having all your materials would be to eat whichever breakfast of your choice on the first morning. (This will take three days) After you have eaten, wait to digest a bit then change into clothes appropriate for running. Make sure you wear running shoes. Then pick a place, course, or track to run at. Keep in mind it will be the same one you need to run at for each day of the experiment. Stretch beforehand to prevent injury then start your one mile tempo run. After you finish running, record on a scale from one to ten how you felt. (One feeling the worst, and ten the best) This same procedure should be repeated for each day you just need to switch out the foods.

Data and Graphs

How I Felt Scale 1-10
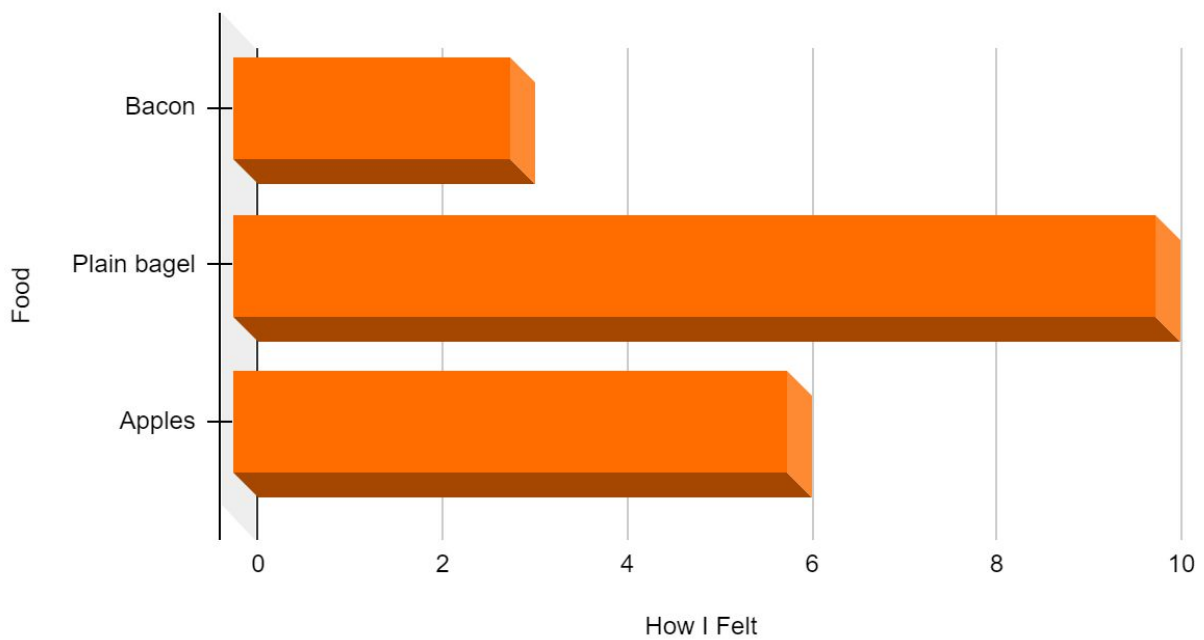
Results

My results were pretty much expected. My hypothesis was correct because I knew that the bagel would make me feel the best and it did. I also expected the apples to make me feel second best, they were definitely better than bacon but not as good as the plain bagel because of the high fiber. Last of all the bacon was expected to feel terrible and it did. It felt like I was sick to my stomach.

Conclusion

To conclude this background research and science experiment, my hypothesis was correct and my experiment went well. I anticipated the results I got and felt this experiment was fun and beneficial. To rank the foods I tested from best to worst, I would say bacon, apples, then the best was a plain bagel.

Works Cited

Luff, C. (Ed.). (2020, April 2). *Your Running Nutrition Guide*. Very Well Fit. Retrieved April 2,

2020, from

https://www.verywellfit.com/should-i-eat-before-a-run-2911547

Luff, C. (Ed.). (2020, January 10). *Keeping Hydrated During Your Run*. Very Well Fit. Retrieved

January 10, 2020, from

https://www.verywellfit.com/hydration-and-running-2911541

Luff, C. (Ed.). (2020, February 6). *How Many Calories Do You Burn While Running*. Very Well Fit.

Retrieved February 6, 2020, from https://www.verywellfit.com/

how-many-calories-does-running-burn-2911108#:~:text=As%20a%20very%20general%20and,to%20run%20about%20five%20miles

Angle, S. (Ed.). (2018, July 30). *What You Should and Shouldn't Eat Before a Run*. Outside. Retrieved

July 30, 2018, from https://www.outsideonline.com/2330591/

heres-what-you-should-and-shouldnt-eat-run#:~:text=The%20ideal%20pre%2Drun%20meal,loading%20much%20beforehand

McCoy, J. (Ed.). (2020, October 8). *The Best Ready to Eat Backpacking Meals*. Outside. Retrieved

   October 8, 2020, from

https://www.outsideonline.com/2417049/best-ready-eat-backpacking-me