

Ruck Fueling

Nutrition strategies for long rucks



Nutrition is key to success for long distance ruck marches

- **During:** Carbs are the preferred fuel for your brain and muscles (focus on simple carbs)
 - Carb choices: Gummy bears, raisins, fruit snacks, sports gel or chews, sports drinks
- **After:** Protein supports muscle growth, recovery, and repair; include in post-ruck meal
- Stay hydrated with water and electrolytes as dehydration becomes easier with longer marches
- **Note:** Caffeine should be used strategically; up to 200 mg taken 30 – 60 minutes before event and re-dosed every 3 – 4 hours as needed

<u>Time</u>	<u>Fueling</u>	<u>Meal(s) Example</u>
Days Before March	Minimum 3 meals daily with high carbs, protein, and healthy fats Stay hydrated with at least ½ bodyweight in ounces of water + 10-20 floz	Grilled chicken breast (5oz), roasted garlic potato wedges (2 cups), roasted brussels sprouts (1 cup), one piece of fruit
Night Before Event	Eat a plate high in carbs, protein, and healthy fats 16 oz of water at least with dinner	Grilled chicken breast (5oz), white rice (1.5 cups), baby carrots, fruit
1 Hour Before Boots on the Ground	Eat 1 g carbs/kg of bodyweight OR at least 60 g/carbs; limit foods high in fiber and fat 16 oz water	2 granola bars OR 1/2 cup raisins, OR 2 Bananas OR 16 fl oz Orange/apple juice OR 16 fl oz Sports drink
During Ruck (Each Hour)	Eat 30 – 60 g carbs each hour; if the ruck is longer than 3 hours, eat up to 90g carbs per hour Sip 16-32 fl oz water and/or sports drink each hour	1st hour: 18 gummy bears 2nd hour: 2 fruit snack pouches & 16 oz sports drink 3rd hour: 2 on the go applesauce packets
After	Eat a carb-rich meal with 20 – 30 g protein within 2 hours of completing the ruck (low fat to avoid upset stomach) 16 oz water and/or sports drink per lb lost during ruck	Oven roasted chicken (3 to 4 oz), Rice (1.5 cups), oven baked broccoli (1 cup), one piece of fruit



16th CAB H2F Nutrition Domain



schedule
an
appointment



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