RUNNER’S TROTS
Tips To Prevent Digestive Issues
Reference: Castell et al. IJSNEM 2019
Designed by @YLMSportScience

Running / racewalking
↓ Splanchnic blood flow + reperfusion

Runner's diarrhea
Bacterial translocation
↑ Permeability
Intestinal barrier function loss

Risk factors
Heat, Long-duration or exercise, Jostling of the digestive tract
NSAID, Bicarbonate, Caffeine
High fiber/fructose diets, Fermentable CHO (FODMAPS), race drinks with high CHO contents

SOLUTIONS

TRAINING THE STOMACH & GUT
Train with relatively large volumes of fluid
Simulate the race nutrition plan
Increased CHO of the diet
Training immediately after a meal
Training with relatively high CHO intake during exercise

REMOVAL OF OFFENDING FOODS OR MEDICINES
in diarrhea-prone athletes

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