



Name _____

Running Nutrition Basics Word Search

Z S V Q P Y T P Z Q E E D Q M W I J H E
 G L Y Y Y N I X P Q B A M C E F W D W O
 Q J E E L N H D T F Q Q E V D A O U X S
 B P V A J P Y D S B M H A F M T O X H T
 N K K P R Y D Z X F I B P L Z L V Z U I
 U E L E C T R O L Y T E S P H V B H Y P
 L N R C P D A H B J H R A D C J R Y J Z
 W E V B U R T U T O M D G P I I T I O F
 C R T X I K I P D D Y Q G L X I L B K C
 O G Q A I V O P V X D S N A C K S S J R
 K Y T V M F N W Q C O L M M A A R N V C
 M G H B F U P X D G X U R U L X R E T X
 R E C O V E R Y D R I N K I O M N B L K
 U L A G G L O N P D F I B E R L L V S Z
 W Q B L Z N T N O T H U R F I P C U S Y
 X H C T U B E S M O O T H I E Y A G S O
 V U L U M H I G B A N A N A S A A T Y R
 G E A S V F N V A S M O P R D I C F V S
 A T U Z X N J W R T H W U S F Z Q W O T
 J C V K A B H F S T R D F B F H S E W H



Carbs
 Protein
 Hydration
 Electrolytes
 Snacks

Bananas
 Energy gel
 Bars
 Recovery drink
 Meal

Fiber
 Fuel
 Calories
 Sodium
 Smoothie