

Iron Stores and Distance Runners

Serum Ferritin levels are a measure of iron stores. The “normal” range is large. 20 - 290 ng/ml

Is 20 ng/ml okay?

Not for distance runners!

Why get tested?

To collect data and establish a baseline for each runner.

“I’m running great!”

- Should I get tested?
- Yes – It’s nice to know what your levels are when you’re running well.

Hemochromatosis Iron Overload

This is a good reason to get tested
prior to taking supplements.

Ranges and Targets

- 1-20 really bad
- 21-30 bad
- 31-40 okay
- 41-70 good
- 71-100 great

Absorption

- Only about 10-15% of dietary iron is absorbed.

Suggested Supplementation

- Feosol Original Ferrous Sulfate Iron 65 mg
- 2x per day with vitamin C
- Mid-morning and mid-afternoon
- With snack if stomach irritation
- Consider vitamin B complex
- Increased absorption in acidic environment
- Calcium decreases absorption
- Suggest not taking before bed

Recovery Foods

- Chocolate Milk
- Protein Bars
- Fruit
- Trail Mix
- Carbs : Protein 4:1 Ratio
- Best to get calories within 30 minutes after running – sooner if possible

- Resources:
- Magdalena Lewy-Boulet – Olympic Marathoner, Western States 100 mile Champion
- Kirk Elias – Cross Country Coach – University of Nevada, Reno
- Dave Emmans – Cross Country and Track Coach – Wayzata High School, Wayzata, MN
- Doug Soles – Cross Country and Track Coach – Great Oak High School, Temecula, CA
- Mick and Pam Petersen – Physicians, Davis CA