



RUNNER FAT LOSS FIX GUIDE

THE 5 FIXES THAT HELP RUNNERS OVER 35 LOSE
FAT WITHOUT LOSING SPEED

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Most runners trying to lose weight are doing more work but getting worse results.

**More miles.
Less food.
More fatigue.**

**The problem is not effort.
The problem is how the training, nutrition,
and recovery are structured.**

**After coaching runners for over 15 years,
these are the five biggest fat-loss blockers
and the simple fixes that actually work.**

Stop Treating Every Run Like a Fat Loss Workout

Many runners think the way to lose fat is to burn as many calories as possible.

So they run more miles and eat less.
This creates a problem.

The body adapts by:

- Slowing metabolism
- Holding onto body fat
- Increasing fatigue

Over time this leads to:

- Higher mileage
- Lower energy
- The same body composition

The Fix

Separate performance training from fat loss strategy.

Keep running focused on:

- Aerobic development
- Race preparation
- Skill

Let strength training and nutrition drive body composition.

Increase Protein

Most runners drastically under-eat protein.

A typical runner might eat:

- Oatmeal for breakfast
- Sandwich for lunch
- Pasta for dinner
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This might only be 50–70g of protein for the entire day.
For fat loss while preserving muscle, most runners need:

Protein Target:

0.8–1 gram per pound of bodyweight

Example:

160 lb runner > Target = 130–160g per day

Benefits of Protein

- Muscle retention
- Recovery
- Appetite control
- Metabolic health

Easy Protein Upgrades

Breakfast: Greek yogurt, eggs, protein oatmeal

Lunch: Chicken bowls, tuna, turkey wraps

Dinner: Lean beef, chicken, fish

Snacks: Protein shakes, cottage cheese, jerky

Strength Train 3x Per Week

If running is the only form of training, a major lever for body composition is being missed.

Strength training helps runners:

- Build lean muscle
- Increase metabolic rate
- Improve running economy
- Reduce injury risk

Minimum Effective Strength Plan

3 sessions per week focusing on compound lifts.

Example Session:

- Goblet squat
- Romanian deadlift
- Step-ups
- Push-ups
- Rows
- Core work

Workouts should last 30–45 minutes.

Consistency matters more than complexity.

Stop Under-Fueling Long Runs

Many runners try to do long runs fasted or under-fueled to burn more fat.

This backfires.

Under-fueling long runs can cause:

- Elevated stress hormones
- Poor recovery
- Increased cravings later
- Muscle breakdown
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The Fix

Fuel long runs properly.

Before run: Small carb + protein meal

During long runs (>75 minutes): 30–60g carbs per hour

After run: Protein + carbs within 60 minutes

Fueling correctly improves both performance and fat loss sustainability.

Track the Right Progress Markers

Most runners only track scale weight.

But scale weight can fluctuate due to:

- Glycogen storage
- Hydration
- Inflammation from training
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Better Markers Include

- Waist measurement
- Progress photos
- Strength increases
- Running pace improvements
- Energy levels

If these are improving, fat loss is likely happening even if the scale stalls.

The Simple Fat Loss Structure for Runners

If starting with a runner today, this is the framework to use:

Training

- 3 strength sessions weekly
- Structured running plan
- Recovery built in

Nutrition

- Protein at 0.7–0.8g per lb bodyweight
- Balanced meals around training
- Moderate calorie deficit

Lifestyle

- Sleep 7+ hours
- Hydration
- Daily steps outside of training

This approach works because it improves both metabolism and performance.

The Simple Fat Loss Structure for Runners

Most runners know what they should do.

Where they struggle is:

- building the plan
- staying consistent
- adjusting nutrition around mileage
- balancing fat loss with race training
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That is exactly what we do inside Stoked Metabolic Coaching.

We help runners:

- lose 10–30+ lbs
- stay strong and injury resistant
- improve race performance without extreme dieting or endless cardio.

If You Want Help Applying This:

[Click Here](#)