



THE RUNNER METABOLISM RESET

WHY RUNNING MORE STOPS WORKING AFTER 35

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Many runners reach a point where running more miles stops producing fat loss.

This happens because the body adapts to stress.

More mileage + less food often leads to:

- slower metabolism**
- increased fatigue**
- stalled fat loss**

The solution is improving structure.

The 4-Part Reset

1. Strength Training

Lift 3x per week.

This helps preserve muscle and support metabolism.

2. Protein Intake

Eat protein consistently throughout the day.

Target: 0.8-1.2g per pound of bodyweight.

3. Fuel Long Runs

Eat carbs before and during long runs.

Under-fueling increases fatigue and slows recovery.

4. Recovery

Sleep at least 7 hours per night.

Recovery is where the body adapts.

What Most Runners Notice

**When runners improve structure
they often experience:**

- **better energy**
- **faster recovery**
- **gradual fat loss**
- **improved running performance**



If You Want Help Applying This

If you want help integrating strength training into your running plan without sacrificing performance, you can schedule a consultation here:

[Click Here](#)



Stoked Metabolic Coaching -The Runner Metabolism Reset