RUNNER’S DIARRHEA
HOW TO PREVENT IT

RUNNING/ RACEWALKING

Splanchnic blood flow + reperfusion

Bacterial translocation
Permeability
Intestinal barrier function loss

RUNNER’S DIARRHEA

RISK FACTORS
Heat, Long-duration or exercise, jostling of the digestive tract, non steroidal anti inflammatory (NSAID), Bicarbonate, Caffeine,
High fiber/fructose diets, Fermentable Oligo-, Di-, Mono-saccharides and Polyols (FODMAPs), race drinks with high CHO contents

SOLUTIONS
TRAINING THE STOMACH & GUT

Train with relatively large volumes of fluid
Training immediately after a meal
Training with relatively high CHO intake during exercise
Simulate the race nutrition plan

REMOVAL OF OFFENDING FOODS OR MEDICINES IN DIARRHEA-PRONE ATHLETES

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