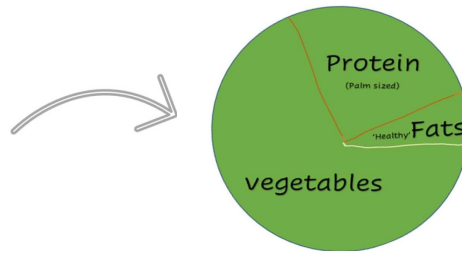


The weeks leading up to race day

Eat mostly 'whole food'

Fill your plate with mostly vegetables, around a palm full of protein, and some healthy fat.
(e.g. olive oil, 1/3 avocado, pumpkin seeds).



Eat a healthy snack after training (within 30 minutes)

This should include 30-60g of carbohydrates and approximately 10g protein (this will differ between individuals of different weight, height, and metabolic rate). Depending on the intensity and length of your training i.e. if you're training is high intensity or for longer than an hour - I would encourage you to eat a snack post-training to refuel your energy ('glucose' stores – AKA 'glycogen').

This is really important when you are doing an intense workout (more than 60% effort) for an extended period (e.g. more than an hour), as the body relies on carbohydrates (from storage) during longer, more intense exercise and we need to replace this fuel that has been used from storage in order to fuel our next training session/ race etc efficiently, and to assist with recovery. If we don't refuel correctly we may break down muscle tissue for fuel in future training sessions/ race day!

Post training snack example - Protein ball or muesli bar

Post-race/ long run smoothie e.g. - 1x Banana, 1 scoop protein powder (vegan), ½ Cup berries, 2dates.

Quality Protein with each meal

Protein is essential for muscle repair, muscle growth, efficient digestion for absorption of nutrients, immune health, hormones and so much more! It's absolutely essential that we eat quality protein with each meal (or snack). See my e-book link to give you an idea of protein sources and how much protein is in each food. Your total protein intake for the day when in training should be around 1.5g/ KG of body weight. Don't get too bogged down on this but use it as a guide. This will vary between individuals!

Limit alcohol intake

Although we know that limiting alcohol is going to benefit us as far as training, performance, and recovery go, it helps to make a conscious effort to avoid it all together leading up to a race. Alcohol will also contribute to dehydration and leave you more vulnerable to injury due to robbing additional nutrients and putting the body under stress.

Calculate your average sweat rate

Calculate your own individual sweat rate for a guide on how much fluid you need to replenish. Do this by weighing yourself pre and post a 1 hour run. You need to abstain from drinking to get an accurate reading. Use your common sense and don't test this on a sweltering day or when already dehydrated. This is just a guide! If you lose 500g this is equivalent to approximately 500ml of water. When racing or during long training aim to replace up to the amount lost per hour - remember that you have the remainder of the day to reach this intake so don't go over the amount lost as over-drinking can be dangerous.

One week before race day

Carb loading!

Carbohydrate (CHO) intake should be slowly increased during the week leading up to a marathon/ endurance race. Again – to build up your stored fuel (glycogen), in your liver and muscles. As you increase carbohydrates in the diet you need to decrease protein and fat so that you're not over-eating. In saying this, eating a perfect diet is not the aim at this time – it's time to fuel up.

Some good choices of CHO at this time include rice, potato, pasta, fruit and fruit juices, sports drinks, smoothies, honey, maple syrup, jam, meal replacement drinks and sports bars. Remember that race prep nutrition should be thought about very differently to everyday nutrition.

As the body's storage of glucose (glycogen) increases, so does the amount of water that we store – this will be used on race day too. For every gram of glycogen, the body holds 2.5-3g of water, with the increase of carbs, this may cause a slight weight gain in the week leading up.

Race day

Breakfast

Depending on what your breakfast plans are and the amount of time you're awake before your run, you should eat at least 2 hours or more before your run. This applies if you're having an actual meal. Your meal should include mostly carbs, small amount of protein, small amount of fat and not too much if any fibre (veggies), so think about what you plan to eat and prep for it! See example for *ample time* below:

Breakfast example 1: Overnight oats with 1tspn chia, tablespoon peanut butter, 6 almonds, some banana, honey

Breakfast example 2: banana & oat pancakes, mash banana with 1 egg, dash of non-dairy milk, serve with honey

If you have *minimal time* before your race starts you should have something more like a snack around ½ hr prior.

Breakfast example: white bread/ toast with peanut butter, smoothie, banana, muesli bar

During the race

When doing an endurance race (and assuming that you eat a carbohydrate (CHO)rich diet normally), you will need to consume a minimum of 30g CHO p/hour (or half of that every half hour). Remember that your electrolyte drink contains CHO too. In saying this, stick to whatever you know to work for you, DO NOT try anything new on race day – this could be disastrous. If you've been having the citrulline and greens before every workout without any dramas, do it on race day too, it may help prevent cramp. I would also recommend having a 'cramp fix' or two on hand in case you do experience cramp. *Ensure you eat food after the first hour of the run – if you leave it too long, you may pay for it later and bonk.

Drink regularly throughout

Aim to drink at regular intervals to ensure that you avoid dehydration. An approximate water intake may be around 600ml – 1L per hour but will differ between individuals and depend on temperatures.

HAVE FUN!