

Nutrition & Running



How to fuel your body

Carbohydrates

Main energy source

Need to start with and top up stores

Intake should reflect activity

1 - 3 'fist' sizes/meal, mainly category A

Two categories:

A

High fibre, lower GI
e.g. wholegrain
bread/pasta, brown
rice, potato

B

Low fibre, higher GI
e.g. white bread, jam,
honey, lollies, sports
drinks



Protein

Build and repair muscles

Intake spread through the day

Aim for 4 - 6 'hits' per day of ~ 20g - 40g



Examples:

'Palm' size portion of meat

Canned fish

Eggs

Dairy (milk, yoghurt, cheese)

Legumes & beans



Fluid

Preferably water for hydration

Aim to be well hydrated when starting event

Can look at urine colour to check, should be very pale yellow

Hydralyte or Sports Drinks may be necessary



What? When?

Be sure to trial these strategies during training to avoid experimenting on the big day!

Pre-
Event

Before
/During

Post-
Event

Aim to have your last meal
about 3-4 hours pre-run

1 - 2 'fists' of Category A
carbohydrates
at each meal & snack

Regular protein hits

Consistent fluid intake

Final chance to 'top up' stores
1 - 2 hours before with
Category B carbohydrates
+ fluid

During 1/2 Marathon
~30 - 60g Category B
carbohydrates/hour to
replenish energy
e.g. ~ 3 - 6 lollies
+ sips of fluid where possible

Refuel & Rebuild
2 - 3 'fists' carbohydrates +
protein hit within 30 - 60
minutes of finishing

Rehydrate
Check urine colour
1kg weight lost in event =
1.5L water to rehydrate
Use Hydralyte if required