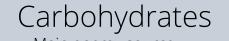
Nutrition & Running

How to fuel your body



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:

Α

High fibre, lower Gl e.g. wholegrain bread/pasta, brown rice, potato **B** Low fibre, higher GI e.g. white bread, jam, honey, lollies, sports drinks



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

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

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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

SPORTSFIT

Post-Event

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

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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

