



Ealing Eagles Marathon Nutrition Webinar / Q+A

www.therunningrules.com

USE THE CHAT!

WHAT ARE YOU DOING

What is your
A race
for Spring?



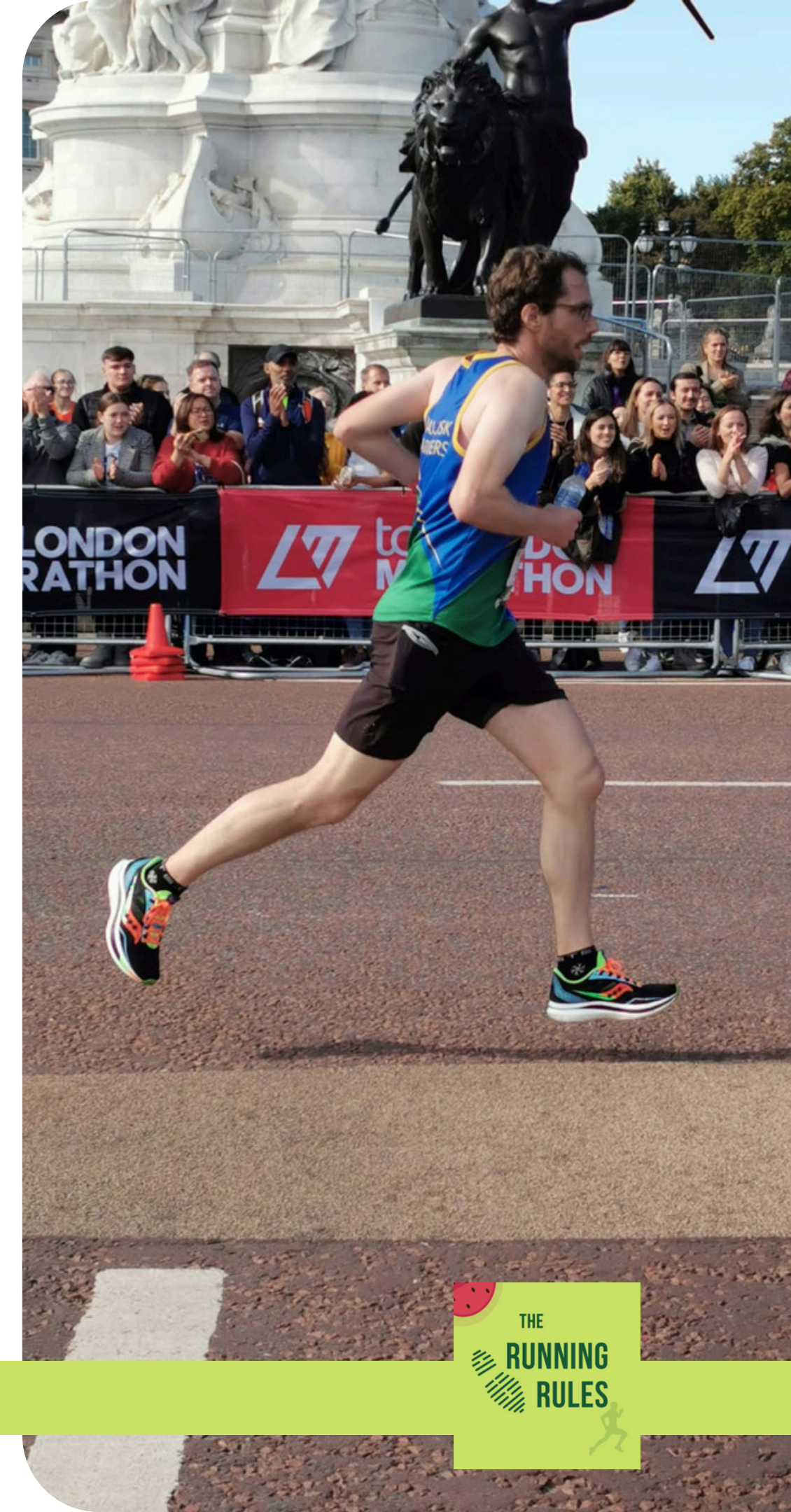


Welcome

- Thank you!
- About 45-60 minutes then time for Q+A
- Aim - at least one general takeaway
- BUT - specifics are individual
- This session is for you so please don't be shy!
- Questions as we go or at the end or after

A little about me

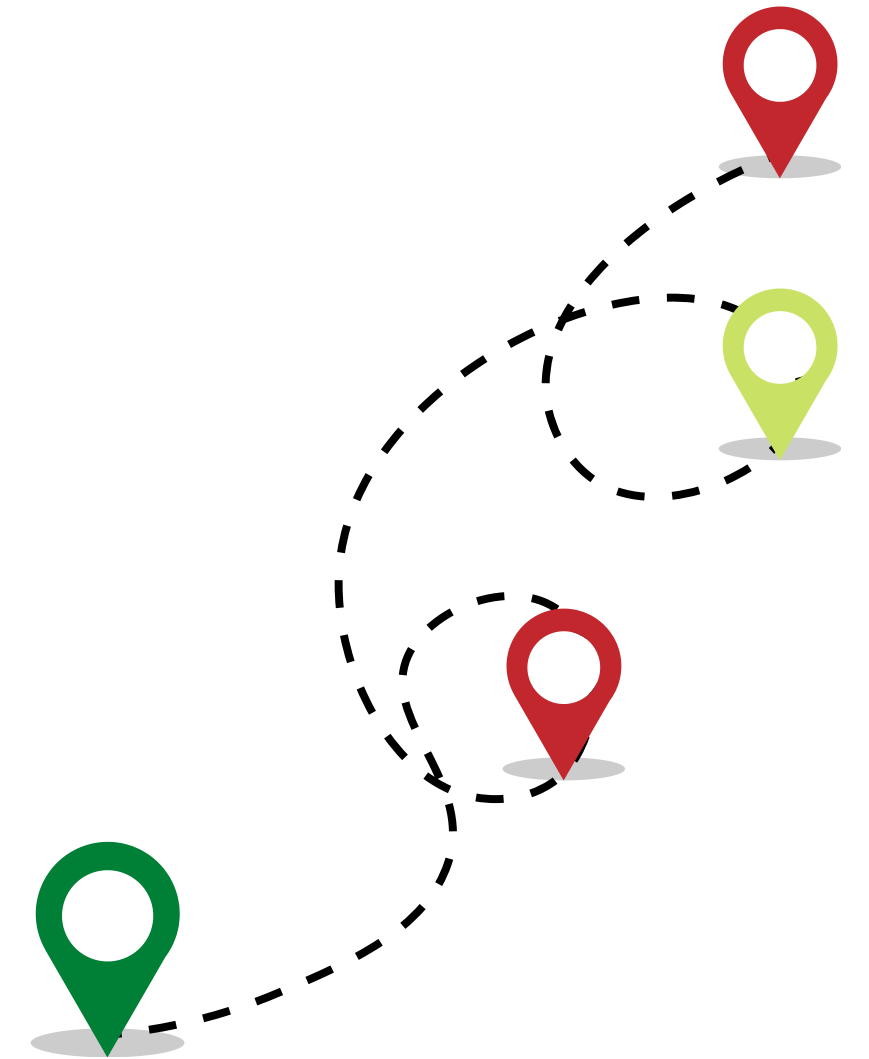
- Full time running coach and nutritionist
 - Father of 2 boys
 - Marathoner
 - Podcaster
 - Vegetarian
 - Type 1 diabetic
-
- Belfast marathon 2015 - **a cautionary tale!**





Course route for tonight!

- General nutrition for runners
- Intra-race/training fuelling
- Pre-race/training fuelling
- Recovery
- Supplements?
- Q+A



General nutrition

Everyone

Adherence

Variety

Amount

Runners

The same, plus...

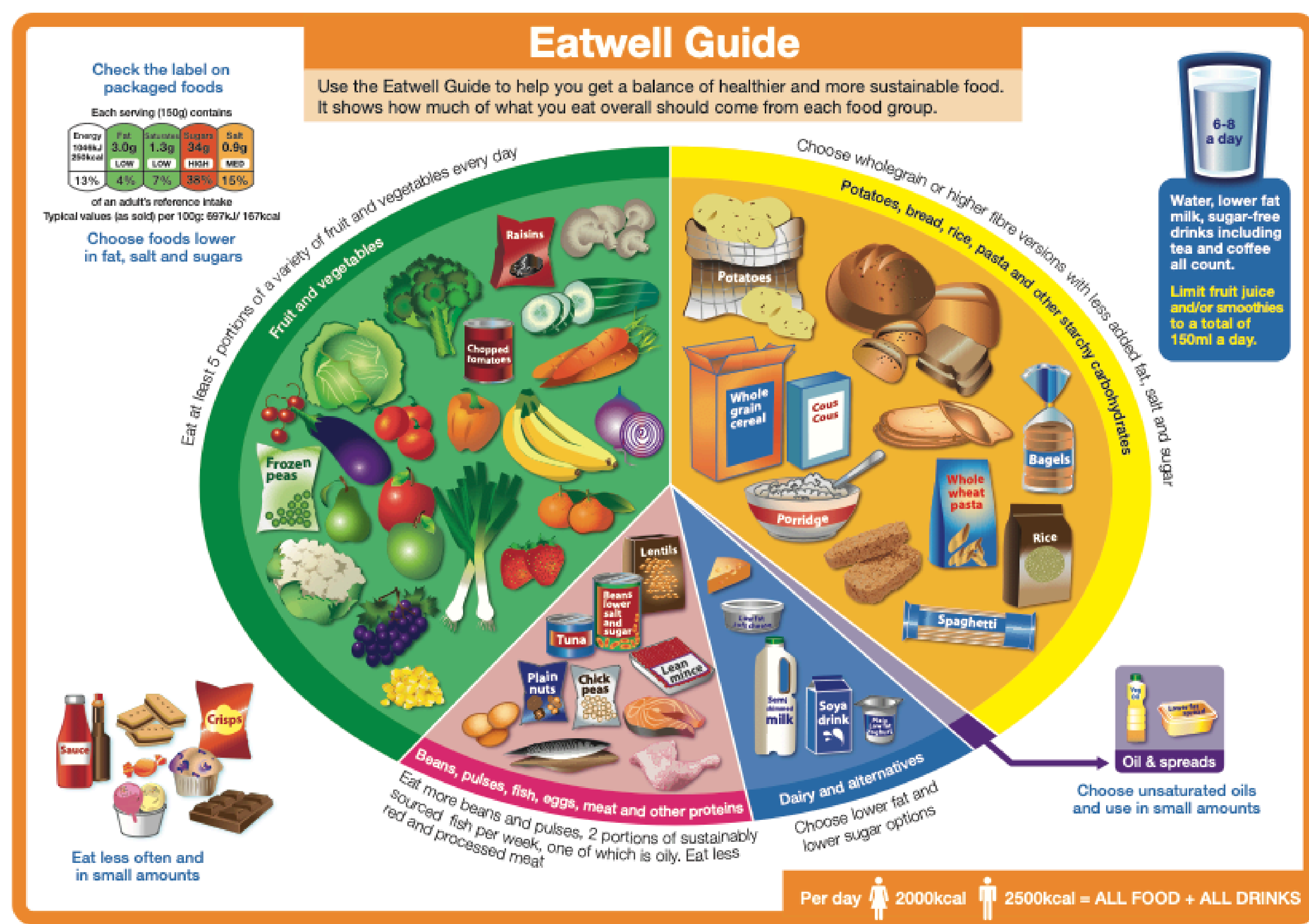
Macronutrients

Hydration



Variety

- Not restrictive
- Covers your nutrient bases
- What are you missing - can you add it in?



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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Amount - fuel the work!

Signs of underfuelling:

- High fatigue
- Low mood
- Poor performance
- Illness
- Weight loss
- Unexpected loss of menstrual cycle
- Injuries - particularly bone injuries

One mile is roughly 100 calories

20 miles roughly 2000 calories or close to a whole day of food!





Macronutrients (energy systems)

Carbohydrates

- Energy source for higher intensity
- Limited storage in the body

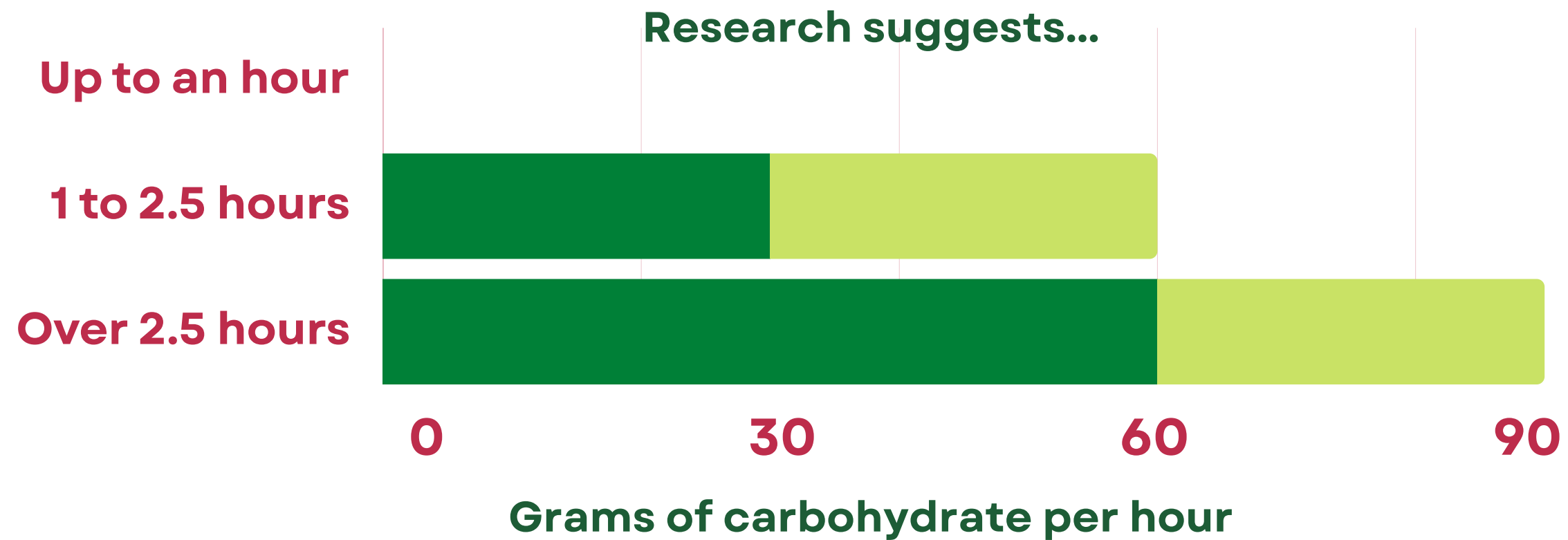
Protein

- Needed for repair
- Protein source at every meal

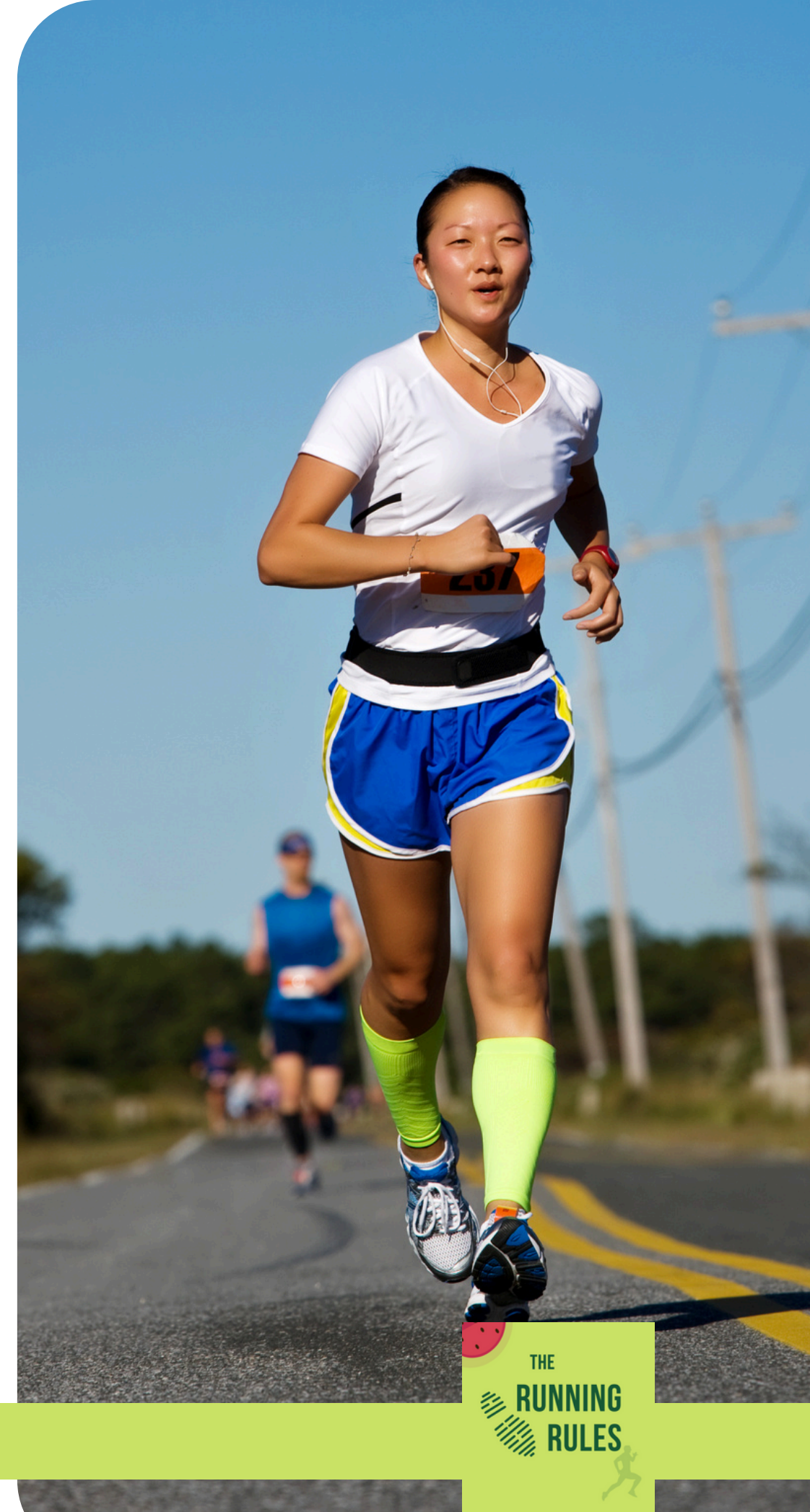
Fat

- Still important for overall health

Race fuelling - carbs - how much?

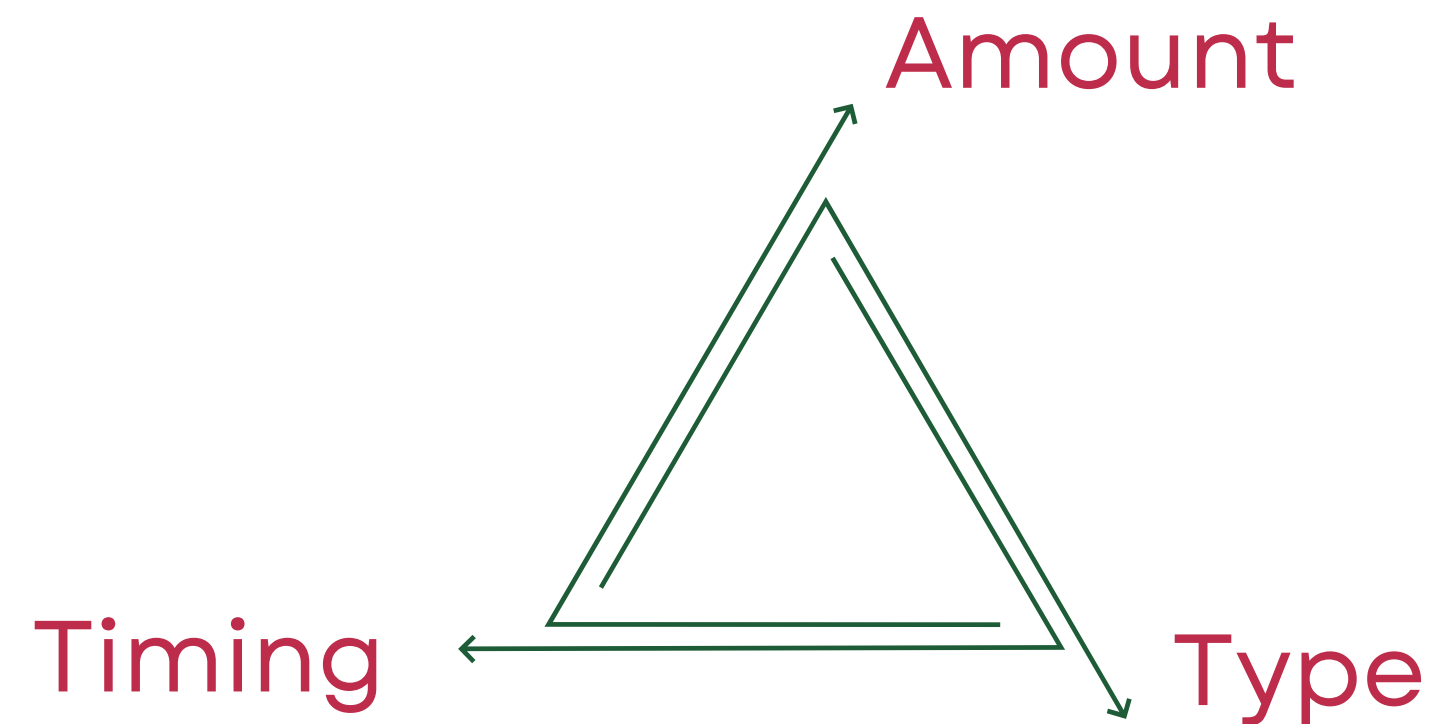


- 60g per hour = 1g per minute
- OR minimum 200g per marathon?
- Types - gels, drinks, bars, real food?
- Hydrate - electrolytes! Individual + conditions





Nutrition before training / race



- Simpler carbs digested quickly + aid performance
- Full meal 3-4 hours out / carby snack 1-2 hours out
- Potentially something very simple 15-30 mins before



Carb load (insurance policy!)

- 2-3 days before (no depletion phase)
- Increase carbs (7-12g per kg bw)
- Reduce fat and fibre
- Hydrate

(More carbs at mealtimes + snacks + water + electrolytes)

- Practise!

Carb cheat sheet - www.therunningrules.com/eating

Recovery

- Important for next training session
- Protein
- Carbohydrate
- Hydration
- Real foods or liquid calories?



Supplements? Do you really need them?

- **Plug unavoidable nutritional gaps**
e.g. Protein powders, certain vit sups (Vit D?)
- **Convenience / portability**
e.g. Carbs - gels and electrolytes - tabs, powders
- **Performance (safe, effective, allowed?)**
e.g. Caffeine - 3-6mg per kg bw - before or during?
(Blocks fatigue receptors in the brain)

e.g. Nitrates? (Beetroot shots) 2 x 70ml - 2-3 hours before
(Improves oxygen transfer in the blood)

Bicarb? Ketones?

THANK YOU! – Q+A



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- Download the slide deck and carb cheat sheet at www.therunningrules/ealing or scan the code

