

## **Training & Marathon Tips**

### **Training:**

Make sure to stay well hydrated during training - typically x is lost during a session. Keep water or an isotonic drink to hand where possible.

Avoid eating any heavy meals for up to 3 hours before training. A light snack prior to training is fine - for e.g a yoghurt, energy or nutrition bar...

After training replenish with a high glycaemic snack such as a banana. Make sure to eat a proper meal (one which includes complex carbs) within 3 hours post training.

### **The Marathon:**

#### **The Day Before:**

Make sure to get plenty of rest as you approach the day of the marathon itself. It has long been the standard procedure to 'carb load' by eating white pasta the night before a run but this is not the best food to eat. There is some sense in eating carbs as they are slow energy releasers but try healthier options such as brown rice. Wholemeal pasta or wheat free pasta with a light non creamy sauce.

Drink plenty of water the night before - that way you wont need to drink as much in the morning.

#### **The Big Day:**

If you have followed the program your body should be in peak form and ready to meet the challenge ahead. The following tips will help you on the day of the marathon:

- Leave at least an hour and a half between breakfast and the start of the race. Have a bowl of porridge or wheat free muesli with oats. Add low glycaemic fruits such as kiwis, pears, apples and apricots if desire
- Drink a little water before you set off so your body is adequately hydrated and drink lots of water during the marathon. Aim to top up your water every couple of miles.
- Don't be taken along by the crowd at the starting line as you might start too fast and exhaust yourself early on - find your own pace.

#### **After The Marathon:**

You will need to replace lost energy and minimise muscle ache in the aftermath of the marathon. When you finish:

- Have an energy drink and a high glycaemic snack such as bananas or boiled sweets.
- Stretch thoroughly at the end of the race. This will help minimise any muscle aches in the days that follow the race.

**Now pat yourself on the back and go have some fun! You deserve it!!!**