



YOUR ADVANCED NUTRITION GUIDE



FARNBOROUGH WINTER HALF

Nutrition is often overlooked for a half marathon. You will have put a lot into training, so we've put together a half marathon nutrition plan that could make your next half the best ever.

Carbohydrate

Carbohydrate is your high energy fuel. Depleting your reserves will mean that your performance drops towards the end of a longer event. You will have felt this for yourself. For a PB or to make your event more enjoyable, you should ensure that you:

- Start a race with a full fuel tank by carbo-loading
- Consume carbohydrate as you run to top up your carbohydrate stores.

Running coach **Nick Anderson** from **Running With Us** says:

" I often used to run 64-65 minute half marathons and would take a couple of mouthfuls of gel at about 40 minutes to help with the final push, especially caffeine gels. For the recreational runner who is out on course for longer, gels will definitely make their run more enjoyable "

Follow our half marathon nutrition plan to finish strong and with a smile on your face.

RACE DAY BREAKFAST

1. Keep it light and high in carbs, but low in fat and protein. Cereals, toast and porridge are all good.
2. The maximum amount of carbohydrate you can absorb into your blood stream is about 60g per hour. So if you eat breakfast one hour before your run, it should contain around 60g of carbohydrate. If your breakfast is two hours before your run, then increase that to 120 grams, and so on. Much more than this can cause stomach upset.
3. You can drink 500ml of Energy Drink to provide 45g of these carbs – hydrating you at the same time.
4. If you have to travel any distance to your race, take an Energy Bar to eat on the way. It provides 43g of carbohydrate in an easily digestible form.



10-15 MINS BEFORE THE START

Take one Energy Gel Aqua sachet (with caffeine) and drink 200 to 300ml of water or ZERO.

DURING THE RACE

Sub 1:15 runners: Take one Energy Gel Aqua sachet around the 45-minute mark.

Sub 1:45 runners: Take one Energy Gel Aqua sachet around the 45-minute mark and another at 75 minutes.

2 hour plus runners: After 40 minutes, start taking Energy Gel Aqua sachet and then take another sachet every 30 minutes throughout. Use a HIGH5 Race Belt to carry your Gels.

*Excludes P&P, cannot be used with another coupon, ends 23rd January 2019.

FLUIDS

Your fluid needs will vary depending on how warm the weather is on race day and how much you sweat. Take on water or the on-course drink regularly, especially if you are running for more than 90 minutes. Drink as much as you comfortably can.

AT THE FINISH

Drink 400ml of Recovery Drink as soon as you finish. Eat a balanced meal one to two hours later.

AVAILABLE ON COURSE



ENERGY GEL AQUA

Delivers carbohydrate straight to your muscles – 23g of carbohydrate energy

- Caffeine free
- Suitable for vegetarians and vegans

Start your year on the right foot with a little help from HIGH5 – your on-course nutrition partner, supporting you to achieve your goals.



Use coupon code **NINE19** to get your HIGH5 Run Pack for only £7.50* now (50% off) to help you be at your best, every run.