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tcs SYDNEY MARATHON

presented by asics

TOP TIPS TO OPTIMIZE YOUR RACE DAY NUTRITION

Importance of Good Nutrition

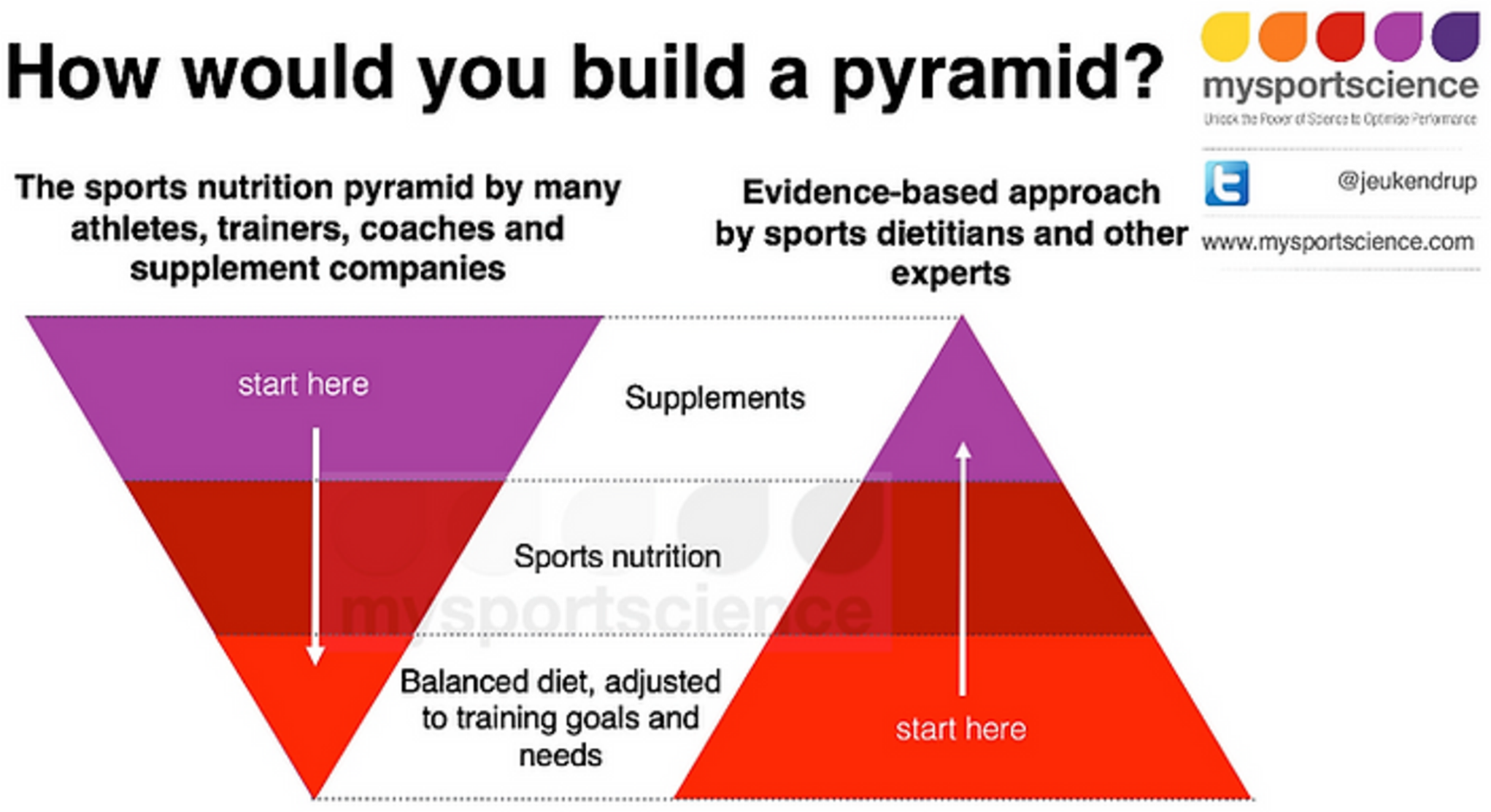
Our bodies require a balance of carbohydrates, protein and fats to SUPPORT our daily functions. These macronutrients, alongside essential micronutrients (mainly from fruit/veggies) are what help us build our very own POWERHOUSE.

Adequate Input: Output is the cornerstone of our diet:

- Supports optimal body function
- Determines requirements for macronutrients and micronutrients
- Assists in manipulating body composition

Many think that MORE importance should be on the sport-based supplements we use to support our training pre, during and post an event. HOWEVER, supplements are NOT just the 'quick fix' to improving ones or replacing your diet.

Before considering adding in additional supplements to your diet, ENSURE you are having a well balanced diet packed full of carbohydrates, protein, healthy fats and fruit/veggies.



Reference: https://www.mysportscience.com/post/food-first

Why the Focus on Carbs?

Our bodies carbohydrate stores are the limiting factor for performance of prolonged continuous or intermittent high-intensity exercise.

VO_2 max is the MAXIMUM rate of oxygen your body is able to use during exercise

- A HIGH VO2 max means that your body can better handle aerobic fitness activities such as running

During such higher exercise intensities like running (70% V02max), carbohydrates help to support continuous exercise. Therefore in marathon races it is important to ensure your carbohydrate stores are efficient to support your run, especially when tackling those hills!

What happens if low?

Prolonged, sustained or intermittent high-intensity exercise is improved with high carbohydrate stores.

- LOW carb stores are associated with
  - Fatigue and ↑ perception of effort
  - Reduced work rate
  - Impaired skill and concentration

Carb Loading… When should I start?

Yes we want our bodies glycogen (muscle carb stores) to be sufficient but these stores don't need to be extremely high.

- For trained individuals this can be achieved by eating carbohydrate rich for 2 days prior to a race, whilst reducing glycogen use (reducing training)
- Because training is reduced -> energy expenditure is reduced,
- Your carb sources can be made up from both food and liquids. (Example lcm bars, powerade)
- Studies show that for trained individuals, in the 24-48hours lead up to a race a carbohydrate intake of 5-7 g/kg.bodyweight/day is sufficient.
- My advice? PRACTICE your carb load. There is still time to give your carb load a trial and test how it sits in your stomach on the days leading up to Sydney Marathon. If you have a long run planned for the weekend try testing out increasing your carbs for the later end of the week.

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Ref: Carb loading: what is new? (mysportscience.com)

Carbs to Fuel Exercise

Pre-Race Morning (2-3hours)
Eating 1-4hours?: 1- 4g/kg BW

Large bowl of muesli or porridge oats (made with own choice of milk), drizzle of honey

What to choose?
Simple carbs are digested & rapidly broken down to glucose.
Glucose is transported quickly as energy to muscles during races.

Up to 60minutes before?
25-30g carbs
Important to eat 1 hour before exercise especially when you will not be able to consume carbs during exercise.

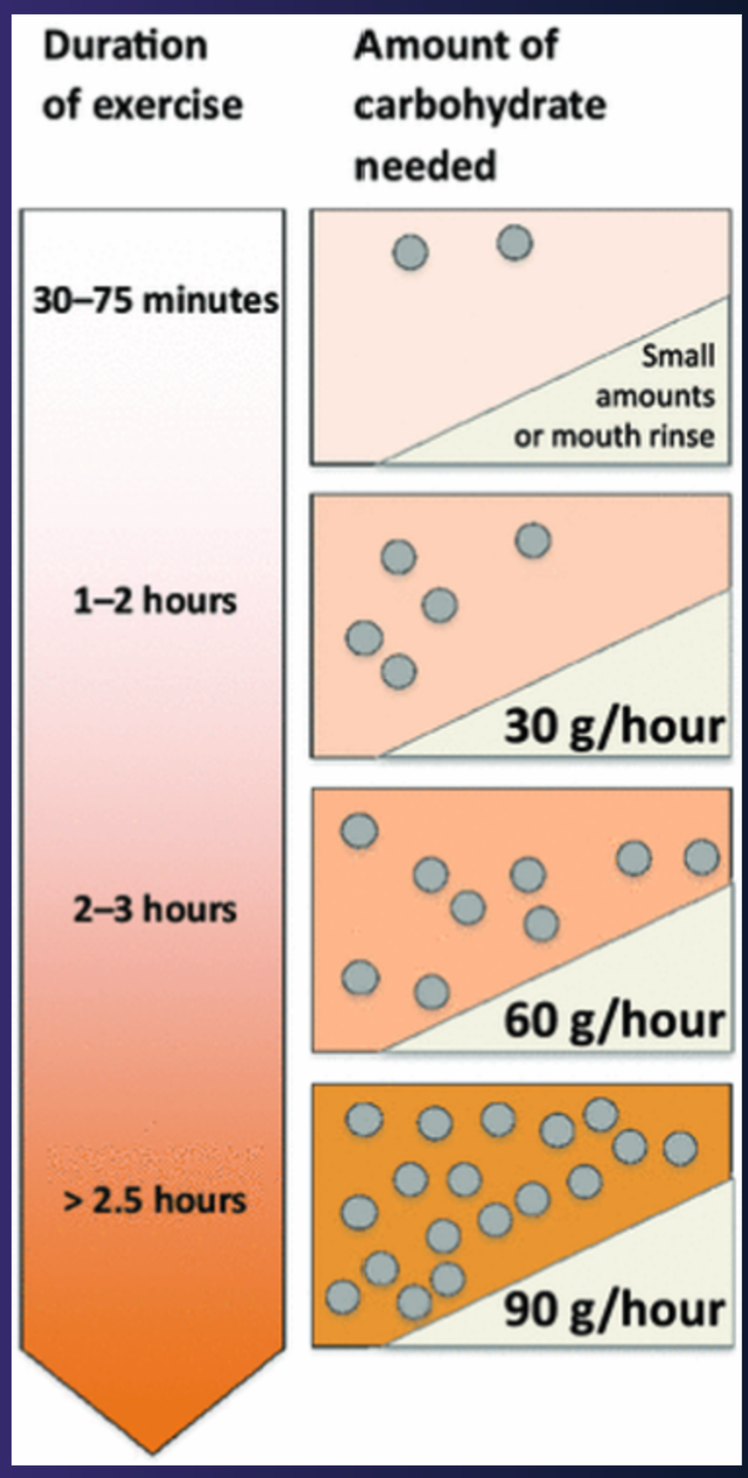
Toast(x1) with jam, banana & 200ml juice.

What about Pre/During exercise?
Choose carb-rich foods, low in protein, fat & fibre.
Fat, fibre & protein can slow the digestion of carbs and may cause stomach upset during exercise.

During exercise:

>1-2hours: 30-60g/hr (Single-Carb like glucose):
500ml Sports Drink, 1-2 Energy Gels, 1 banana

>2hours: 60-90g/hr (Multi-Carbs like Glucose & Fructose):
1L Sport Drink,
3-4 Energy Gels (Multi-Carb)



Reference: Jeukendrup.A., 2014

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What Type of Carbohydrates?

PRE: The Day Before

- 3 main meals and snacks as required (carb-based)
- Carbohydrates should aim to make up ½ your plate.
- Aim to keep well hydrated (7-8 glasses of water)

Eating MORE carbs intake = NOT eating more.
Emphasise on carbohydrate sources and reducing fat intake the day before Sydney Marathon.

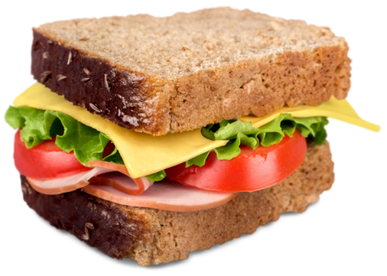
PRE: 2-3hours

<u>Balanced Meal:</u>

- Low/High Fibre carbohydrates
- Lean protein source
- Small amount of healthy fats

PRE 30-60minutes

25-30g carbs



<u>Snack:</u>

- Low-fibre (High GI) carbohydrates
- Low-fat foods
- Low fibre and Low fat will help minimise gastrointestinal issues

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Top Tips of Optimizing Race Day Nutrition

Pre:

- 24-48hours Day Before Race: Eat well balanced meals, with focus on carbs (making up ⅓ to ½ your plate) to provide good stores of energy for your muscles.
- 2-3HOURS before: Choose low-fat, low-fibre carb-based meal the morning of the race. Fat and fibre can slow digestion and can lead to upset stomach during exercise.
- 30-60minutes before: Feel you need a top up? Aim for 25-30g carbs before the start line. Example a LCM bar, banana, energy gel.

During:

- For the event if going to be running for more than 60 minutes, can take on additional carbohydrates (30-60g carbs/hour) Example 1-2 energy gels, 5-6 red frogs.

Post:

- Eat a meal rich in protein, carbs, fat with your daily veggies serve. Carbs will help restore your muscle's stores whilst protein will help repair the muscles after working hard.

Hydration:

- Pre: Aim to stay well hydrated in the lead up to your race. The morning of important to sip on water (aiming for 500mL in the hours before the race)
- During: Make sure to keep note of water stations and top up as you go by. If it is warm or you are a sweaty runner could include electrolytes in your water vest.
- Post: Aim to rehydrate early after finishing the run. If you're an extra sweaty runner can consider taking on an electrolyte based drink.

REST is Key:

- Aim for adeqaute sleep night before the race of 7-9hours

CARB-BASED EXAMPLES

PRE: 2-3Hours

PRE 30-60minutes

PRE 15-30minutes

DURING

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POST