



Runners' Gut

When we run the bowel can become overstimulated and everything in it suddenly moves along more quickly and before you know it you're taking some deep breathes and searching for that toilet.

There are some **strategies to prevent this**

1. Avoid solid food 3 hours prior to training. This doesn't mean don't have a pre training meal at all, just include a liquid one; such as low fat yoghurt, Up & Go or Sustagen.
2. Avoid high fibre foods prior to training, possibly the night before an early morning run. This includes multigrain bread or wholemeal pasta.
3. Avoid dehydration. Aim to wake up with straw coloured urine, no darker and have 300ml fluid 15 minutes prior to starting your run.

During long runs keep having small sips of fluid.

4. Emptying your bowels prior to a run can be a big help.

Try having a hot drink 30 minutes prior to your run,

which includes a cup of tea or coffee, this may increase the urge to "go".

5. A visit to a Sports Physician may be beneficial as they can prescribe medication that will reduce the gut motility.

What reduces the risk of runners gut can be highly individual so if you are struggling, seek the advice of an Accredited Sports Dietitian.

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