



Running Fuel

Here are some quick tips to boost your energy levels and fuel your body better for training.

It's ok to fuel before a run

If you're running to lose weight it seem logical that if you don't eat before a early morning run you'll lose more weight. Right?

Wrong. Not eating just uses up your reserve energy levels further, you don't have as much energy for training, so don't train as hard, overall you don't burn as many kJ's, so then less weight is lost. I also find people who don't eat before training, finish a session SUPER hungry and this just snowballs throughout the day, making weight management even harder.

So fuel up for your session with a low fat, carbohydrate source that sits comfortably. In real speak, try 100-200g yoghurt, a "breakfast drink" (Eg: Up & Go) or ½ to 1 banana.

Hydration.

Running and drinking is a fine balance – too much and you'll feel uncomfortable or need to run to the loo, too little and dehydration will leaving you feeling flat. Try sipping on 300ml water 15-20 mins prior to a 60 minute (or less)run and drink a further 300ml when you finish. If running >60 mins set yourself a drinking schedule and use drink fountains, a fuel belt or a camel bak to sip on fluids regularly.

Recovery nutrition.

Focusing on refuelling within 30 minutes of finishing exercise makes a BIG difference to rebuilding energy levels, just make sure it contains both carbohydrates and protein. Carbohydrates and protein work as a team to ensure better storage of glycogen (energy NOT fat) and better repair of muscle damage so you don't pull up as sore the next day. Options include anything milk based such as yoghurt, smoothie, or incorporated into breakfast (muesli and yoghurt or cereal and milk). Peanut butter and banana or 1/2 cup baked beans on toast are other great snack options. Timing lunch or dinner to have immediately after your run is also a great way to recover without overdoing your kJ intake.

Best of luck with your training!

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