

HOW SPORTS NUTRITION CAN HELP YOUR: MARATHON TRAINING

HIGH5

SPORTS NUTRITION

Sports Nutrition is all about maintaining energy levels and minimizing fatigue. Below we've summarised our top tips to fuelling and hydrating your training sessions.

WHY WE NEED CARBOHYDRATE

Carbohydrate is the essential fuel your body needs during exercise, but your store is relatively small. Depleting your store of carbohydrate, known as glycogen depletion, can happen after one long session or several days of more moderate distance running. Glycogen depletion makes you feel like you have no energy and your legs are like lead. It also makes you prone to overtraining, which can lead to poor recovery, coughs, colds, loss of muscle strength to protect joints, failure to improve your performance despite training hard, disrupted sleep, poor concentration and negative moods.

ELECTROLYTES & FLUIDS

Keeping hydrated is an absolute must if you want to optimize your training benefits and recover properly. Electrolytes like sodium, potassium and magnesium, are lost through sweat and need to be replaced.

BEFORE RUNNING:

Fitting in training with work and family commitments is difficult. Running after a meal is not possible for many people, but **EnergyBars** and **gels** are a good way to take on some extra fuel just before your run, without causing bloating or a stomach upset. **Note:** they are not a substitute for a proper balanced diet.

If it's warm and you want to hydrate, a sports drink like **EnergySource** will provide carbohydrate and electrolytes before training. If it's been a hard day at work or home, caffeine gives you the extra boost needed to get out running when you don't feel like it.

RUNNING UP TO 90 MINUTES:

Carbohydrate is the fuel that lets you run strong and makes your run enjoyable. Although your body has a limited store of carbohydrate, it's normally sufficient for running up to 90 minutes.

For shorter runs, you only need to take on fluids with electrolytes (High5 **ZERO**) to remain **HYDRATED**. The exception is when running at high intensity or running for 90 minutes or more day-after-day. You should then switch to sports drinks and gels which also provide carbohydrate.

WEIGHT MANAGEMENT:

If weight management is your goal, consuming a calorie-free electrolyte drink instead of an energy drink reduces your calorie intake and will mean that you burn a higher proportion of fat during exercise. If you are exercising over 60 minutes on consecutive days, consume **Protein Recovery** immediately after exercise. The whey protein (isolate) used in

WEIGHT MANAGEMENT - CONTINUED:

Protein Recovery is a very high quality source of protein. Protein contributes to muscle growth and maintenance. After exercise, your muscles are often low in carbohydrate (glycogen). **Protein Recovery** also contains carbohydrate.

HARD RUN SESSIONS:

Longer runs or short high intensity sessions, especially on consecutive days, can deplete your body's carbohydrate reserves and as a result your energy levels will drop. You will feel fatigued in the latter stages of your training session, feel tired for the remainder of the day and perhaps not feel ready for your training the following day.

Your body is telling you that it needs more carbohydrate. For more demanding training you must focus on remaining **HYDRATED** and ensuring that you have an adequate **ENERGY** intake. If you deplete your body's carbohydrate reserves then your body's energy levels will drop.

Fuelling your body with High5 **EnergySource** sports drink or **EnergyGel** will help maintain your performance and provide the extra energy you need to enjoy your running.

OUR MOST ADVANCED DRINK:

4:1 EnergySource is a new generation of sports drink. It contains electrolytes, carbohydrate and **20% whey protein isolate**. Whey Isolate is a very high quality source of protein. Protein contributes to the maintenance and growth of muscle mass, which can result in stronger and more resilient muscle. For long runs over 1.5 hours, and/or high intensity sprint reps we recommend using **4:1 EnergySource**.

TRY IN TRAINING BEFORE YOUR EVENT:

Using gels during hard sessions lets you get used to using them before race day. This is important, as they will be a crucial part of your race day strategy. Check out our **Marathon Race Guide** on how to fuel your next marathon.

AFTER YOUR RUN:

The body recovers at the greatest rate during the two-hour window immediately after exercise - but only if you provide it with the vital high quality nutrients it needs. Aim to have a High5 **Protein Recovery** drink within 20 minutes of finishing.

For more information visit:
www.highfive.co.uk



ZERO



The UK's leading zero cal electrolyte sports drink tab

- Contains Vitamin C and electrolytes including sodium, magnesium and potassium
- Light & refreshing sports drink
- ZERO X'treme contains caffeine

ENERGYGEL



A smooth gel with a dash of real juice for a light taste

- Proven in the World's toughest competitions
- 23g of carbohydrate
- Available with or without caffeine

ISOGEL



23g carbohydrate gel that's more like a drink than a gel

- Smooth, light & not too sweet
- A dash of real juice flavours for a light refreshing taste
- Proven in the World's toughest competitions
- Available with or without caffeine

4:1 ENERGYSOURCE



All-in-one energy and recovery drink for use during and after training

- Whey protein isolate for muscle growth and maintenance
- Carbohydrates with electrolytes for endurance performance and to help maintain hydration

ENERGYBAR



The healthy snack for training and racing

- Simple and complex carbs
- Fruit and grain
- Provides one of your 5-A-Day

PROTEIN RECOVERY



The ultimate post exercise drink mix with whey isolate

- The Pro's choice after exercise
- Contains the highest quality whey protein isolate
- Contains carbohydrate
- Mixes easily into water or milk

Official EnergyGel at:

