5 tips for effective running nutrition

- **Recovery Nutrition is essential**

Always eat a meal / snack within 45 minutes of finishing you run.

This is the best time of the day to include carbohydrate in a meal, be it fruit, vegetable or starchy carb, or whole grains. The meal should also contain some protein and a small amount of fat.

Not eating after training will compromise glycogen replacement, result in fatigue and potentially immune system issues.

- **Should you eat before exercise?**

If you are running first thing in the morning it's ok to do so on an empty tummy if you run is less than 75-90 minutes. However, if you feel better with a something in your tummy choose a carbohydrate snack such as a banana, 1 slice of toast with honey, or some fresh dates (3 -4).

- **Hydration**

You need to drink 1.5 Litres of water per day, plus replace anything lost from exercise. In Summer this loss will be greater than in Winter, and it depends on you level of excursion. Calculating your sweat rate is the most effective way to ensure you are adequately replacing fluids.

- **Sleep**

Many runners compromise sleep for training. This is not a good strategy, and will lead to fatigue, immune issues and potentially weight gain. You need around 7-8 hours sleep per night.

- **Eat Real Food**

To improve your running - eat a nutrient dense diet with good quality protein and fats, and healthy carbohydrates. Make time for meal preparation and be organised for the week ahead. Do not rely on packaged and processed foods.

How much Protein? 1.2 -1.5 grams per kilo of body weight per day.

How much Carbs? This depends on your body composition, training and goals.