

YOUR ADVANCED NUTRITION GUIDE FOR:

MARATHON

HIGH5

SPORTS NUTRITION

If you're tackling a marathon, you will have trained hard for months to get in great shape and ready to line up at the start of those 26.2 miles. One of the critical pieces in the marathon puzzle is your race-day nutrition strategy...

THE FUELLING FACTS

During a marathon, more than two thirds of your energy can come from carbohydrate. Unfortunately your body is only able to store a limited amount of carbohydrate and as the miles tick by, you will deplete that store. As your carb levels fall, so does your energy, and you will find it harder to maintain your early pace. You could even hit the dreaded 'wall' – where your carb stores are so depleted that your muscles are forced to rely almost exclusively on fat as fuel.

The body finds it hard to convert fat to energy, which makes it tough to keep running at any pace. To ensure you have optimum carbohydrate levels on race day, you should **carbo load** in the days leading up to your event and consume carbohydrate during the Marathon. Visit www.highfive.co.uk for more information on carbo loading.

DURING YOUR MARATHON

Think of your body's store of carbohydrate as a relatively small fuel tank, that starts emptying as you start running. Your muscles use carbohydrate quickly and can easily deplete that store during a Marathon. If you provide your muscles with carbohydrate by consuming gel as you run, they will take less fuel from your carbohydrate store and it will last longer. The purpose of taking gel during your marathon is to delay the point at which you run out of fuel – until you cross the finish line.

It might seem logical that the more gel you can consume, the better - but take care. You can consume (read swallow) a lot of gel, BUT your body can only absorb a maximum of 60g per hour (up to 75g if the gel contains caffeine). Taking too much gel too quickly can and will cause stomach problems. By contrast, taking just a couple of gels at the 17 mile mark, as some people do, will only provide a short lived energy boost. **Taking 2 or 3 gels every hour** from the very start of your event is optimum and will mean that by mile 17, you should have a large stock of carbohydrate available for a strong finish.

NUTRITION GUIDELINES MARATHON

RACE DAY BREAKFAST

Breakfast should be light and high in carbs. Cereals, toast and porridge are good options. Drink 500ml of High5 **EnergySource** for additional carbs and to stay well hydrated. Take a High5 **EnergyBar** with you to eat on the way to your race.

NOVICE RUNNERS

If you **weigh more than 55kg**: 15 minutes before the start take two **EnergyGel Plus** sachets (with caffeine) and drink 200 to 300ml of water or High5 **ZERO**.

If you **weigh less than 55kg**: 15 minutes before the start take two **EnergyGel** sachets (no caffeine) and drink 200 to 300ml of water or High5 **ZERO**.

DURING YOUR RUN: take one **EnergyGel Plus** sachet every 30 minutes. Wait until 30 minutes from the start of your race before taking your first sachet. If you are on-course for a long time, only use **EnergyGel Plus** (with caffeine) for the first 4 1/2 hours of running, then switch to standard **EnergyGel** (without caffeine) for the remainder of your run. Use a **Gel Belt** to carry your gels.

EXPERIENCED RUNNERS

15 minutes before the start take two **EnergyGel Plus** sachets (with caffeine) and drink 200 to 300ml of water or High5 **ZERO**.

DURING YOUR RUN: Take one gel sachet every 20 minutes during your run (3 per hour). Wait until 20 minutes into your race before taking your first sachet. Depending on bodyweight, **there is a maximum number of EnergyGel Plus sachets you can take**. Any additional gels you consume should be standard **EnergyGel** (without caffeine).

Your bodyweight: Max No. **EnergyGel Plus** sachets

	50kg: 5 during + 2 before
	60kg: 7 during + 2 before
	70kg: 8 during + 2 before
	80kg: 9 during + 2 before
	90kg: 10 during + 2 before

If you find that 3 gels an hour is too much, try and consume as many gels as you comfortably can. Practicing using gel during longer training runs makes it easier to use on race day. You can use High5 **IsoGel** instead of **EnergyGel** depending on personal preference - they perform the same function.

AFTER YOU FINISH

Drink 400ml of **Protein Recovery** as soon as you finish. Drink another 400ml one hour later and eat a balanced meal as soon as possible.

FLUIDS

Your fluid needs will depend on how warm the weather is on race day and how much you sweat. Try to drink water or the on-course drink regularly. If you use the on-course drink, take care not to consume too much additional carbohydrate from that drink or you will need to adjust your gel intake. In very hot conditions you may need additional electrolytes. Individual **ZERO** tabs can be wrapped in Cling Film and carried on your run. Simply put the tab into the on-course water to make a refreshing electrolyte drink. **ZERO** does not contain carbohydrate.

CAFFEINE NOTE

If you have any medical condition including high blood pressure, if you are pregnant, breast feeding or under 18 years of age, **do not use caffeine**. If you are sensitive to caffeine and suffer any side effect, such as a higher than expected heart rate, discontinue use immediately. If you do not wish to use caffeine for any reason, simply follow the guidelines using gel without caffeine.



Natural
Flavours & Colours
No artificial sweetener

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

ENERGYSOURCE (2:1 FRUCTOSE)



Advanced sports drink mix

- Caffeine free
- 2:1 fructose carbohydrate with key electrolytes
- Great light taste

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

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

Official EnergyGel at:

