

## YOUR ADVANCED NUTRITION GUIDE FOR:



HW Moon ALLWAYS A BETTER WAY TOYOTA #runwiganfestival

Nutrition is often overlooked for a half marathon. You will have put a lot into training, so why not put some effort into a basic half marathon nutrition plan that could make your next half the best ever?



**HIGH5**  
SPORTS NUTRITION

SCIENTIFICALLY FORMULATED

AWARD WINNING

TRUSTED BY ATHLETES

RESEARCH PROVEN

NATURAL FLAVOURS

### CARBOHYDRATE

Carbohydrate is your high energy fuel. Depleting your reserves will mean that your performance drops towards the end of a longer event. You will have felt this for yourself. For a PB or to make your event more enjoyable, you should ensure that you:

- Start a race with a full fuel tank by carbo-loading
- Consume carbohydrate as you run to top up your carbohydrate stores.

Running coach **Nick Anderson** from **Running With Us** says: "I often used to run 64-65 minute half marathons and would take a couple of mouthfuls of gel at about 40 minutes to help with the final push, especially caffeine gels. For the recreational runner who is out on course for longer, gels will definitely make their run more enjoyable".

### CARBO-LOADING THE SIMPLE WAY

Carbo-loading can increase your body's store by 30% or more. Follow this three- step plan to make sure your fuel tank is full to the brim.

1. Reduce your mileage 4 to 5 days before your event.
2. Two days before your event, increase your carbohydrate intake to 10 grams per kg of body weight. For a 70kg runner that would be 700 grams each day. If that's too much, then try to get as close as you can to that amount.
3. Most runners often don't reach the required intake, as carbohydrate rich foods are normally bulky. To avoid the bulk, drink 500ml of HIGH5 [EnergySource](#) every 2 to 3 hours during the day and snack on 2 or 3 [EnergyBars](#). This will provide around 350g of carbohydrate, your normal diet should provide the rest.

Follow our half marathon nutrition plan to finish strong and with a smile on your face.

### RACE DAY BREAKFAST

1. Keep it light and high in carbs, but low in fat and protein. Cereals, toast and porridge are all good.
2. The maximum amount of carbohydrate you can absorb into your blood stream is about 60g per hour. So if you eat breakfast one hour before your run, it should contain around 60g of carbohydrate. If your breakfast is two hours before your run, then increase that to 120 grams, and so on. Much more than this can cause stomach upset.
3. You can drink 500ml of HIGH5 [EnergySource](#) to provide 45g of these carbs – hydrating you at the same time.
4. If you have to travel any distance to your race, take a HIGH5 [EnergyBar](#) to eat on the way. It provides 43g of carbohydrate in an easily digestible form.



### 10-15 MINS BEFORE THE START

Take one [EnergyGel](#) sachet (with caffeine) and drink 200 to 300ml of water or HIGH5 [ZERO](#).

### DURING THE RACE

**Sub 1:15 runners:** Take one [EnergyGel](#) sachet around the 45-minute mark.

**Sub 1:45 runners:** Take one [EnergyGel](#) sachet around the 45-minute mark and another at 75 minutes.

**2 hour plus runners:** After 40 minutes, start taking [EnergyGel](#) sachet and then take another sachet every 30 minutes throughout. Use a HIGH5 [Gel Belt](#) to carry your Gels.

### FLUIDS

Your fluid needs will vary depending on how warm the weather is on race day and how much you sweat. Take on water or the on-course drink regularly, especially if you are running for more than 90 minutes. Drink as much as you comfortably can.

### AT THE FINISH



Drink 400ml of HIGH5 [Protein Recovery](#) as soon as you finish. Eat a balanced meal one to two hours later.

**Good luck!**



### ON COURSE PRODUCT: ENERGYGEL

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

- Race proven in the World's toughest competitions
- Real juice flavours for a light refreshing taste
- 23g of carbohydrate
- Suitable for vegetarians & vegans



### POST RACE PRODUCT: PROTEINSNACK

Natural protein bar with Goji Berries, Chia Seeds and Brazil Nuts

- 12g protein per bar
- Gluten and Lactose Free
- Natural bar. Vegetarian Society Approved
- No artificial colours, preservatives or sweeteners



*For beginner to pro*

For more information visit: [www.highfive.co.uk](http://www.highfive.co.uk)