

# HIGH5 RUNNER'S SPORTS NUTRITION GUIDE

We strongly recommend you train with the Sports Nutrition you'll use on the day. For more information on why and how to use Sports Nutrition, read below.

## 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 energy bars and gels are a good way to take on some extra fuel just before your run, without causing bloating or stomach upset. Note: they are not a substitute for a proper balance diet.

If it's warm and you want to hydrate, a sports drink like Energy Drink 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 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 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.

## 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 adequate energy intake. If you deplete your body's carbohydrate reserves, then your body's energy levels will drop. Fuelling your body with Energy Drink sports drink or Energy Gel will help maintain your performance and provide the extra energy you need to enjoy your running.

## 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 should be a crucial part of your race day strategy.

## 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 Recovery Drink within 20 minutes of finishing.

## HIGH5 Run Pack

Claim 50% off an exclusive [HIGH5 Run Pack](#) using code Trails2022