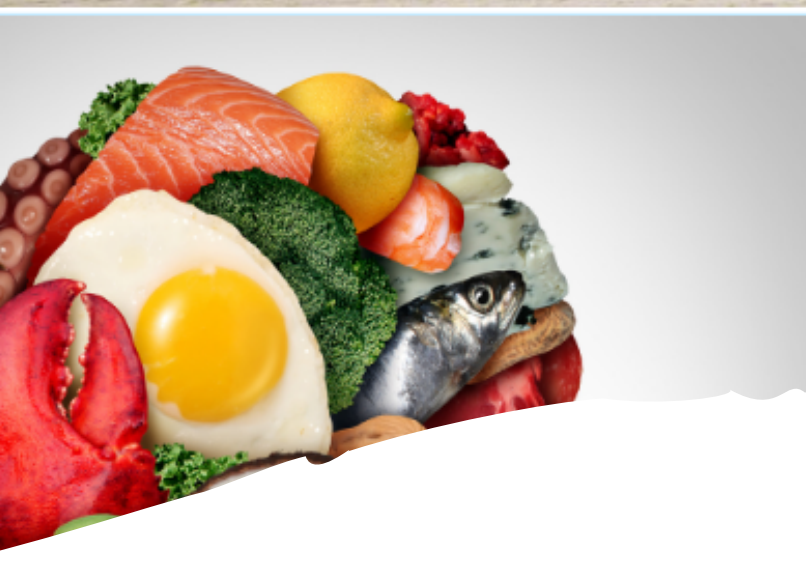




***Run your best marathon with perfect nutrition, mindset and pacing***





# Welcome

- Thank you!
- About 45 minutes then time for Q+A
- Notes, questions as we go
- Aim - help you run your best marathon!  
(Focus on nutrition but some mindset, pacing, first time tips)
- A little about me (marathoner, coach and podcaster)  
2003 - 1st marathon - 3:41  
2005 - Marathon DNF  
2015 - 2nd marathon - a nutritional disaster - 3:57  
2018 - 5th marathon - Dublin (first sub 3 - 2:58)  
2023 - 11th marathon - Boston PB - 2:46

(Belfast, Dublin, London, Manchester, Berlin, Boston)

[www.therunningrules.com](http://www.therunningrules.com)





## ***First time or not?***

- Enjoyment (training and race)
- Achievement
- First goal is always to finish
- Some time goal is helpful (tiered goals)
- Plan the logistics:
  - Travel
  - Expo
  - Bag drop
  - Start
  - Route
  - Finish
- Use the expertise in the room!

# ***Mental strategies***

- Why are you doing this?
- Try to remove the pressure
- Accept that it is tough at times
- Stay in the moment
- Break it down
- Internal and external focus
- Self talk / mantras



# ***Pacing strategies***

- Ballpark idea of reality

Previous marathons / fitness

Half marathon - divide by 7 multiply by 15

5k - multiply by 10

- Positive - even - negative splits

- Use fast finish long runs / longer tempo runs

- Use the course markers not just your watch!  
(Potentially switch to kms now for Amsterdam?)

- Break down the course (5ks / 10ks)

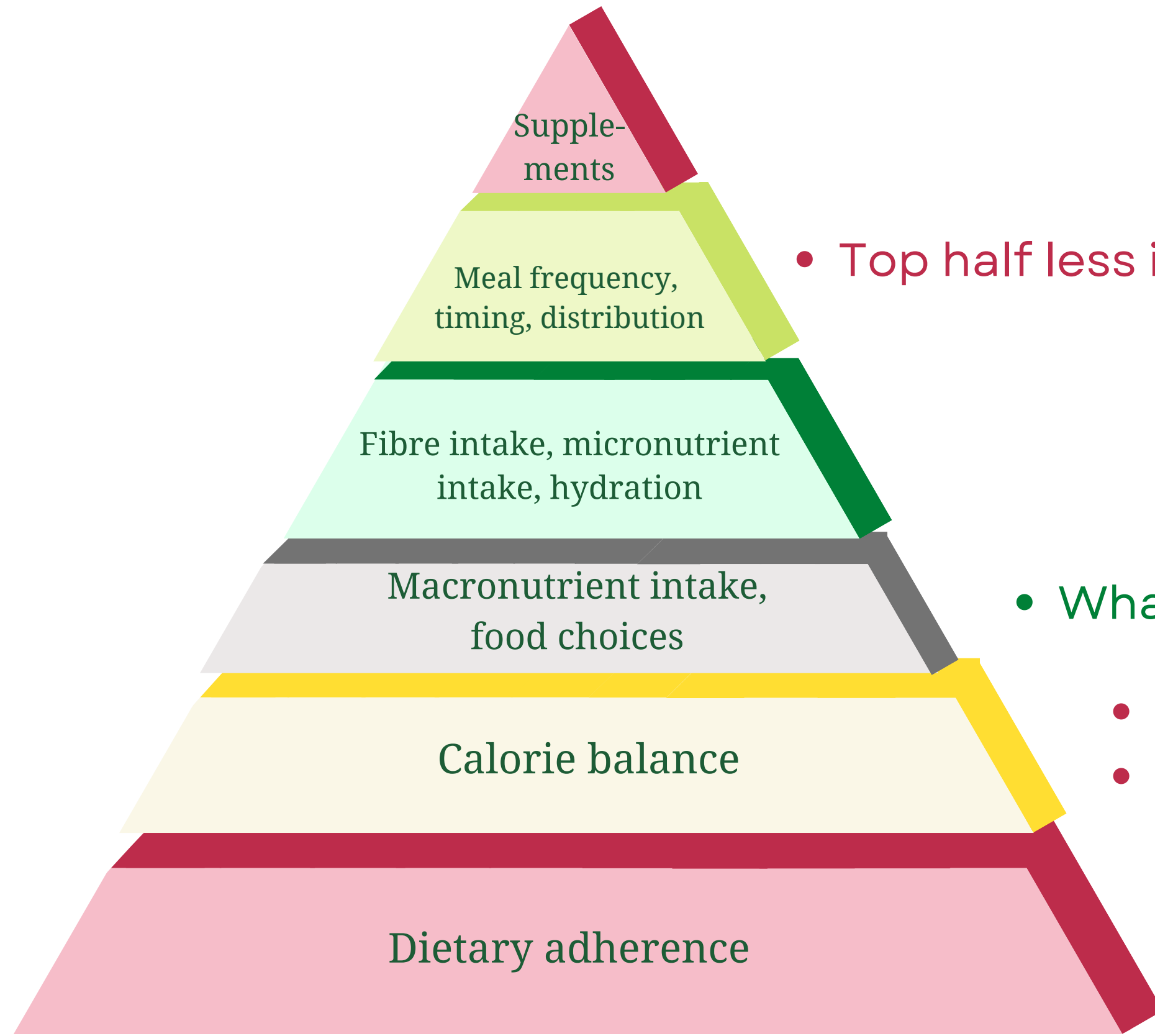


# ***Nutrition***

- Day to day nutrition
- Fuel harder / longer sessions / races
- Hydration
- Benefits:
  - Less prone to injury / illness
  - Feel more energised
  - Recover quicker
  - Better training sessions
  - Get stronger physically and mentally



# GENERAL PYRAMID OF NUTRITIONAL IMPORTANCE



- Top half less important but often where people try to focus

- What are you missing? What can you add in?

- Are you eating enough? (1 mile  $\cong$  100 cal)
- Look at energy, mood, weight, illness, niggles

- What works for you?
- What foods, what routine?
- 80/20 or 90/10

# Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated	Sugars	Salt
1048kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Eat at least 5 portions of a variety of fruit and vegetables every day



Eat less often and in small amounts

Choose wholegrain or higher fibre versions with less added fat, salt and refined cereals



6-8 a day

Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives

Choose lower fat and lower sugar options



Choose unsaturated oils and use in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

- Not restrictive
- Eating a wide variety of food will cover your nutrient bases
- Plug any gaps (e.g. plant-based protein, b12, omega 3 fats)



# ***Nutrition for endurance performance***

- Carbs vs fat for energy - we need both!
- Protein for muscle repair / recovery (every meal!)
- Focus on carbs as we have limited storage (2000 cal max)
- Hydration also very important (water + **electrolytes**)
- Before longer / harder sessions / races (carb load)
- During (gels, bars, sports drinks etc)
- After (carbs + protein for recovery)





## ***Nutrition before the race***

- Practise everything around your long runs!

- 2-3 days before - carb load and hydrate

Increase simple carbs (7-12g per kg bw) - it's a lot!

Reduce fat and fibre

More carbs at mealtimes + snacks + water + electrolytes

- Safe simple carby dinner night before (pasta, rice, etc)

Can you get this away?

Book a table!

- Safe simple carby breakfast (cereal, toast, bagel etc)

2-4 hours before

Check the hotel breakfast times and foods

# ***During and after the race***

- Research suggests 60-90g carbs per hour in race (elites?)
- 200g per marathon more realistic? How much can you stomach? (8 x 25g - gel every 5k)
- Different gels, sports drinks, bars, real food?  
(OTE super gel / Torq / Hi 5 aqua / Rice Krispie squares / bananas)
- Hydrate - electrolytes! Individual + conditions
- After - protein + carbs + hydration!





# ***Supplements?***

- **Plug unavoidable nutritional gaps**  
e.g. Protein powders, certain vit sups (Vit D?)
- **Convenience / portability**  
e.g. Carbs - gels and electrolytes - tabs, powders
- **Performance**  
e.g. Caffeine - 3-6mg per kg bw  
(Blocks fatigue receptors in the brain)  
  
e.g. Nitrates? (Beetroot shots) 2 x 70ml  
(Improves blood flow to muscles)

# ***Nutrition mistakes***

- Chronic underfuelling (day to day)
- Diet too restrictive
- Not enough carbs before or during race
- Untested nutrition (stomach issues)
- Not replacing electrolytes when sweating
- Fuelling fatigue during the race



# ***THANK YOU - ENJOY THE MARATHON!***



- Training, nutrition and mindset for 5ks to ultras but especially marathons
- New episode every Tuesday
- Actionable and relatable
- Solo episodes and guests
- Search 'The Running Rules' in your normal podcast provider
- Or go to [anchor.fm/therunningrules](https://anchor.fm/therunningrules)