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Welcome to Caryn's XTERRA Nutrition Snippet Series

2 races down...8 to go.

XTERRA RACE 3: NUTRITION SNIPPET PREPARING FOR YOUR RUN

Getting the sustenance right prior to a run is crucial. The key is to provide enough fuel to last for as long as possible into the run without feeling too full or bloated at the start line (of course for the long course folk, you will need to add some more fuel during the run). So what you need to do is to eat a combination of:

Good quality, low GI carbohydrate - to fuel your muscles and stabilise your blood sugar

Lean protein – to help you feel satiated

Fluid – to keep you well hydrated. Topping up fluid at this stage is essential

...It's all about the timing

In order to make sure you are not too hungry, too full, will run out of energy, feel bloated, need the loo or get the stitch while you're on your run, you need to train your food, and train your fluid to make sure you have the combination right! There are two important nutrition time-points in preparing nutritionally for these events:

THE NIGHT BEFORE

DINNER: This meal should contain *carbohydrate* (pasta / rice/ potato / kumara / bread-based, *protein* (meat, fish, chicken, eggs, tofu) and *vegetables* (add some fat if you

like, as long as you eat the whole meal) + *fluid* (water / juice

AFTER DINNER SNACK: Eat a carbohydrate-based snack to top up your muscle glycogen levels. Eg. [Fruit salad + yoghurt](#) / [ice-cream](#) OR [Apple crumble + yoghurt](#) / [custard or ice-cream \(+ water\)](#)

THE MORNING OF...

BREAKFAST: Breakfast is a must and the quality of it determines just how important this meal will be in providing you with the fuel you need for the race.

Combine carbs, protein + fluid in this meal. The amount you eat depends upon i. your appetite ii. what you have been consuming in training, and iii. What sits well in

you stomach before a race. All of the following are good options. NOTE: Again it is crucial that you try these in training (food type and timing) and not go for something new on race day.

Cereal: Grain / oat based cereal OR porridge + low fat milk / yoghurt. Add chopped fresh or dried fruit. Glass fruit juice or low fat milk-based beverage

Toast: Wholegrain toast + peanut butter OR cheese + jam OR honey OR egg PLUS milk-based fruit smoothie (1 banana, ½ cup blueberries, 1 cup low-fat milk, ½ cup low fat natural yoghurt).

SNACK:

You need to keep a snack handy in case you have a long drive to the event start (which is likely). Good examples of portable energy filled snacks include:

Fruit (fresh or dried) · Muesli / cereal / breakfast / energy bars · Up & Go drink / Flavoured milk · Scroggin / trail mix · Tinned creamed rice · Water

Remember what works for your mate, may not work for you, so start practising your best pre-event fuel combinations now for the best start to your run. Good luck.