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Welcome to Caryn's XTERRA Nutrition Snippet Series

3 races down...7 to go.

XTERRA RACE 4: NUTRITION SNIPPET FUELLING DURING YOUR RUN

Now that you've prepared yourself for your race, you don't want to ruin all your good preparation by running out of fuel during the event.

As a general guide, per hour you need to consume the following:

- 600-750ml fluid
- About 50g carbohydrate (depending on your size and the intensity) of your run, more for larger people and high intensity running)

You can try either of the following, or a combination of the two.

1. Sportsdrink only: (750ml) sportsdrink = 50g carbs
2. Water + carbs: 600 - 750ml water + banana + gel = 55g carbs

Other useful products to use to supplement your carbohydrate intake include lollies, dried fruit, muesli bars or carbohydrate-containing sports bars.

Your body does not need protein during exercise of this length of time. However protein keeps you full so if you feel you need something more substantial to eat while you are running, then go for a bar that has a little bit of protein added to it in addition to the carbs. Remember carbohydrate is the fuel for the muscles and therefore is the nutrient of focus for the event itself.

The goal is to try and match these guidelines as best you can. Carrying your own supplies (by wearing a fuel belt or camelback) filled with water or sportsdrink is the best case scenario as then you have complete control over your fuel supplies. You can also make use of the Balance squeeze and the added nutrition nibbles provided at the aid stations along the way (but these should supplement what you already have).

This requires some planning if you have 2-3 hours of running (or more if you get lost!) So get to it and be prepared with your nutrition to ensure you are well fuelled for the WAIUKU forest.