



# 2008 Extra Mile Massif Challenge

## Sports Nutrition for your event

Lynn Clay BSc  
Sports Nutrition Consultant & freelance writer





## Sports Nutrition



Good Sports / event performance doesn't just happen;  
Need all of the following:

- Good genetics
- Great Coaching / Training advice
- Dedicated Training
- Right Mental Approach
- Correct Food and Fluids





“Diet significantly influences athletic performance. An adequate diet in terms of quantity and quality before, during and after training and events will maximise performance.”





## The rewards of implementing sound sports nutrition practice



- Ability to train longer
- Ability to train harder
- Delaying of fatigue
- Faster recovery
- Improved event performance





## Your Sports Nutrition Needs

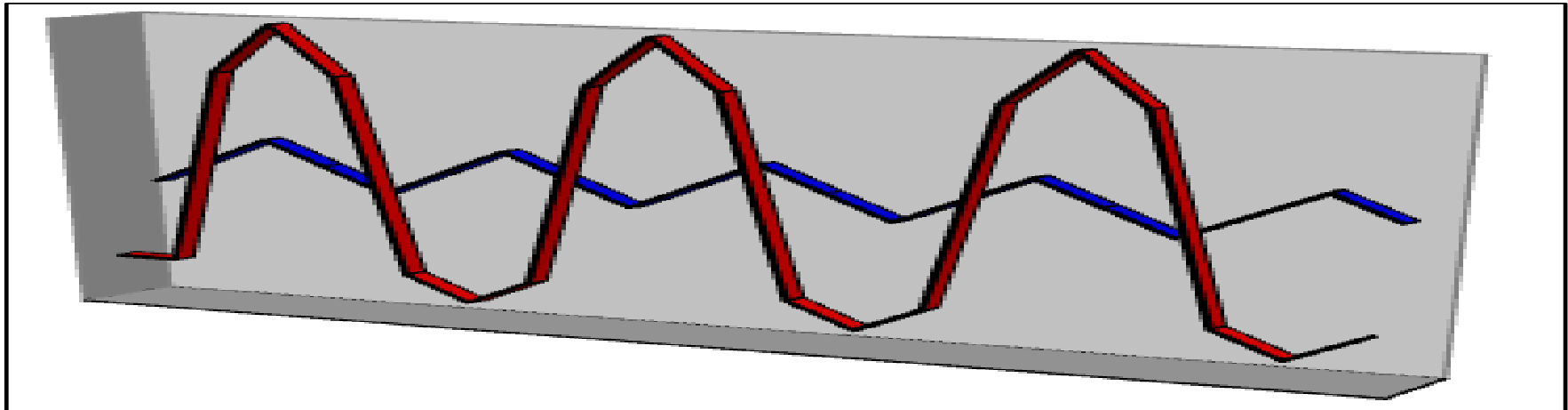


- ✓ **General training / during the event**
  - ✓ Baseline eating
  - ✓ Eating / Drinking before, during and after training
- ✓ **Pre – event / ride**
  - ✓ 3 day load / tapered training



## Baseline eating

- Know your Energy needs – BMR + AMR (2000 – 2500)
  - Don't deviate too much from this
- Small regular meals provide a better energy platform for training than 3 large meals per day
- Mix of protein, low glycemic carbohydrates, good fats and fibre in each meal / snack
  - E.g. Meal - Fillet of salmon, roasted vegetables, quinoa or basmati rice (fist size portions)
  - E.g. Snack - Fruit & handful of nuts



Graph: Fluctuations in blood sugar levels, over 24 hour period produced by changes in eating habits

## Carbohydrate

Primary fuel source (stores approx 2000 calories muscles, liver, blood)

2000 calories burnt for 60kg person in av. 50 mile event (1 day)

60% carb contribution – 1200kcal

Deficit – 800kcal

Daily energy needs outside of sport increase deficit

-Include in each meal / snack (moderate carbohydrate) – Low GI daily/ High GI around exercise

## Protein

Necessary for growth and repair

-Intense activity accelerates protein loss (muscle tissue breakdown / damage).

-Protein loss during training comes from muscle tissue resulting in loss of strength (effects power to weight ratio and therefore speed)

-Adequate protein intake improves recovery, especially when included immediately post-exercise

## Fat

A low fat diet can compromise immune health.

- Aim to include good fats in the diet from oily fish, nuts, seeds, avocado and plenty of green leafy vegetables

## Vitamins and minerals

Include plenty of fruit and vegetables in the diet but avoid consuming just prior to sport / exercise

Great post-training (anti-inflammatory)

## Eating / Drinking Before, during and after training / the event (high carb)

### Before

- Aim to eat a small meal (approx 50g carb – 300-350kcal) 2 hours prior to training / event
- Should be carbohydrate dominant, low fat, moderate protein
  - ½ Jacket potato & Beans
  - Porridge
  - Muesli bar
- Arrive at training well hydrated
  - 6 – 8 glasses of water (2-3 litres) per day
  - Sip on a 250ml of carbohydrate drink 1 hour prior

Practice routine in training before event



## **During**

### **Hydration and energy are of paramount importance**

- 3% Dehydration decreases power and co-ordination by 15-20%
- Carb drinks: Provide energy / Replace salts (electrolytes) lost through sweat
- Isotonic= 6-8% solution

**Aim for 750ml fluid replacement per hour**

**After 30 miles begin to add snacks – 250 cal carb rich calories per 10 miles**



## After

### Re-hydration and energy replenishment time

- Recovery products are ideal at this time delivering an optimal mix of carbohydrate (high GI) and protein whilst rehydrating
- or meal delivering 1 – 1.5g carb per kg body weight + 10 – 15g protein

### 2 hours after long duration or high intensity sessions

- Recovery meal – rich in carbohydrate with  $\frac{1}{4}$  protein



## Pre-event Nutrition



### **3 days prior to event – carb load**

#### No Need to increase calorie intake

- Change macronutrient emphasis
- More carbohydrate on your plate
- Less protein

### **Before event –**

Aim to eat a small meal 2 hours prior to training / event

- should be carbohydrate dominant, low fat, moderate protein

### **Arrive at the event well hydrated**

- 6 – 8 glasses of water (2-3 litres) per day
- Sip on a 250ml to 500ml carbohydrate drink





More info:

Contact Lynn Clay

[www.fitness-iq.co.uk](http://www.fitness-iq.co.uk)

[lclay@fitness-iq.co.uk](mailto:lclay@fitness-iq.co.uk)

Tel: 07884261129

