



# HIGH5 YOUR ADVANCED NUTRITION GUIDE

## COPENHAGEN MARATHON 2022

**If you're tackling a marathon, you will have trained hard for months to get in great shape and ready to line up at the start of those 26.2 miles. One of the critical pieces in the marathon puzzle is your race-day nutrition strategy...**

### The Fuelling Facts

During a marathon, more than two thirds of your energy can come from carbohydrate. Unfortunately your body is only able to store a limited amount of carbohydrate and as the miles tick by, you will deplete that store. As your carb levels fall, so does your energy, and you will find it harder to maintain your early pace. You could even hit the dreaded 'wall' – where your carb stores are so depleted that your muscles are forced to rely almost exclusively on fat as fuel.

The body finds it hard to convert fat to energy, which makes it tough to keep running at any pace. To ensure you have optimum carbohydrate levels on race day, you should carbo load in the days leading up to your event and consume carbohydrate during the Marathon. Visit [www.highfive.co.uk](http://www.highfive.co.uk) for more information on carbo loading.

### During Your Marathon

Think of your body's store of carbohydrate as a relatively small fuel tank, that starts emptying as you start running. Your muscles use carbohydrate quickly and can easily deplete that store during a Marathon. If you provide your muscles with carbohydrate by consuming gel as you run, they will take less fuel from your carbohydrate store and it will last longer. The purpose of taking gel during your marathon is to delay the point at which you run out of fuel – until you cross the finish line.

Taking too much gel too quickly can and will cause stomach problems. By contrast, taking just a couple of gels at the 17 mile mark, as some people do, will only provide a short lived energy boost. Taking 2 or 3 gels every hour from the very start of your event is optimum and will mean that by mile 17, you should still have enough carbohydrate energy available for a strong finish.

### RACE DAY BREAKFAST

Breakfast should be light and high in carbs. Cereals, toast and porridge are good options. Drink 500ml of HIGH5 Energy Drink for additional carbs and to stay well hydrated. Take a HIGH5 Energy Bar with you to eat on the way to your race.

### NOVICE RUNNERS

If you **weigh more than 55kg**: 15 minutes before the start take two HIGH5 Energy Gel Aqua Caffeine sachets and drink 200 to 300ml of water or HIGH5 ZERO.

If you **weigh less than 55kg**: 15 minutes before the start take two HIGH5 Energy Gel Aqua sachets (no caffeine) and drink 200 to 300ml of water or ZERO.

**DURING YOUR RUN**: take one Energy Gel Aqua Caffeine sachet every 30 minutes. Wait until 30 minutes from the start of your race before taking your first sachet.

If you are on-course for a long time, only use Energy Gel Aqua Caffeine for the first 4 1/2 hours of running, then switch to standard Energy Gel Aqua (without caffeine) for the remainder of your run. Use a HIGH5 Race Belt to carry your gels.

### EXPERIENCED RUNNERS

15 minutes before the start take two Energy Gel Aqua Caffeine sachets (with caffeine) and drink 200 to 300ml of water or ZERO.

**DURING YOUR RUN**: Take one gel sachet every 20 minutes during your run (3 per hour). Wait until 20 minutes into your race before taking your first sachet. Depending on bodyweight, there is a maximum number of Energy Gel Aqua Caffeine sachets you can take. Any additional gels you consume should be standard Energy Gel Aqua (without caffeine). Your bodyweight: Max Energy Gel Aqua Caffeine sachets:



- 50kg**: 5 during + 2 before
- 60kg**: 7 during + 2 before
- 70kg**: 8 during + 2 before
- 80kg**: 9 during + 2 before
- 90kg**: 10 during + 2 before

If you find that 3 gels an hour is too much, try and consume as many gels as you comfortably can. Practicing using gel during longer training runs makes it easier to use on race day. You can use Energy Gel instead of Energy Gel Aqua depending on personal preference - they perform the same function.

### FLUIDS

Your fluid needs will depend on how warm the weather is on race day and how much you sweat. Try to drink water or the on-course drink regularly. If you use the on-course drink, take care not to consume too much additional carbohydrate from that drink or you will need to adjust your gel intake. In very hot conditions you may need additional electrolytes. Individual ZERO tabs can be wrapped in Cling Film and carried on your run. Simply put the tab into the on-course water to make a refreshing electrolyte drink. ZERO does not contain carbohydrate.

### AFTER YOU FINISH

Drink 400ml of HIGH5 Recovery Drink as soon as you finish. Drink another 400ml one hour later and eat a balanced meal as soon as possible.



### CAFFEINE NOTE

Caffeinated products are not suitable for children and pregnant or breastfeeding Women. If you do not wish to use caffeine for any reason, simply follow the guidelines using gel without caffeine.

## AVAILABLE ON COURSE



### ENERGY GEL AQUA

Water and refreshing natural fruit juices give **Energy Gel Aqua** its extremely light consistency when delivering carbohydrates straight to your muscles during exercise.



### ENERGY DRINK

**Energy Drink** is a scientifically formulated carbohydrate and electrolyte solution to help you sustain your performance and enhance your hydration during endurance exercise.