



Information article produced by Science in Sport

Nutritional Strategies for Marathon Running

The conventional advice is that the pre event meal should be taken 3 hours before competing. It should be relatively light but high in carbohydrate and low in fat. PSP22 Energy and GO-Gels can be useful in this pre event meal to increase the carbohydrate content without increasing the bulkiness of the meal. Eating anything within an hour before an event has, in the past, been considered detrimental to performance due to the possible insulin response. There is also evidence however, that it may be beneficial to take a small amount of strong (25 to 30%) solution 5 to 10 minutes before competition. PSP22 Energy and GO-Gels are particularly useful for taking in high concentrations of energy since they are easily tolerated due to the unique carbohydrate structure. People vary in their response to pre-event feeding and as with any nutritional strategy it is worth experimenting with different combinations during training to work out what suits you best.

Recommendations for Long Training Runs and the Marathon

Many sportspeople prefer, and what we tend to recommend, is to continue sipping PSP22 Energy from the pre event meal right through the warm up and into the event. If it is very hot or humid a weaker carbohydrate/electrolyte solution is appropriate and in this case we would recommend Go.

Strategy used by a SiS Team Member for training and recent Marathon

- High carbohydrate meal 2 hours prior to the run and remain hydrated during the day
- Consume a Go-Gel 10 minutes before starting the run

- Carry 500ml of Go at 6% solution and sip throughout the run. This should be enough to get you through 2:30 but not ideal, especially if it's hot, otherwise arrange for additional drinks to be handed up on route
- Carry a minimum of 4 Go-Gels and take one at 30, 60, 90, 120 minutes, etc
- Have a serving of Rego within 20 minutes of finishing the run followed by a light meal 1 hour later
- Use Nocté prior to going to bed

Race Day Strategy

- Light breakfast and continue to sip PSP22 at 10% solution until 15 minutes to the start
- Consume a Go-Gel 5 minutes before the start
- Sip water throughout and take a Go-Gel every 30 minutes as per training
- Rego on finishing followed by a meal and some in-appropriate beverages!!

If an Electrolyte drink is available at feed stations on the course in order to help maintain electrolyte balance and hydration status it is recommended that you use this regularly along with Go-Gels, especially if you expect to be running for more than 2 hours 30 minutes.



**SIS nutritional products can be purchased
from www.trisports.co.uk**