



Nutrition & Hydration Advice from Lucozade Sport

Did you know that talent and training aside, the right diet is one of the most important factors in improving your performance?

Given the importance of sports nutrition to your training, whatever your triathlon goal, it is essential that you plan and organise your nutritional strategies as these are fundamental and key to your success.

When you run your body needs energy and this comes from what you eat and drink. The body's preferred source of energy is carbohydrates and this is stored in your muscles and liver as a fuel called 'glycogen'. The body's glycogen stores are limited so you need to eat plenty of carbohydrates to keep these stores topped up. Good sources of carbohydrates are pasta, rice, bread, cereals and potatoes.

Hydration is also key to performance. A proper hydration plan before, during and after training is required to maintain fluid levels. Studies have shown people are often dehydrated before they start exercise while proper rehydration after a run enhances the recovery process.

Carbohydrates – The Facts:

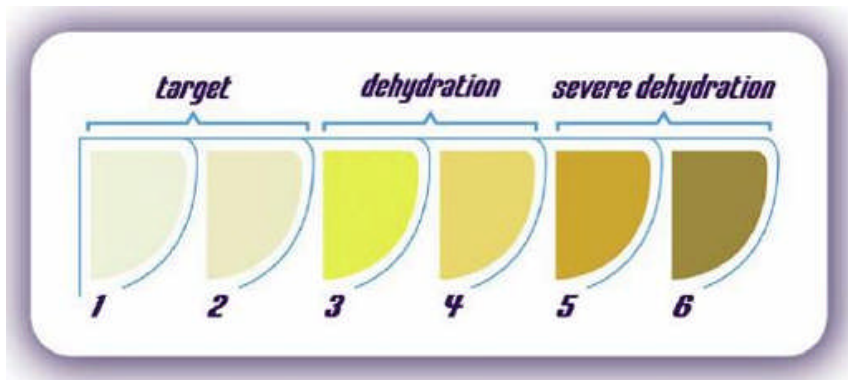
- Carbohydrates are the body's primary source of fuel for performance.
- Carbohydrates are stored in the body as glycogen but only in limited quantities enough for just 1½ to 2 hours.
- Fatigue occurs when glycogen stores are depleted resulting in significant reduction in running speed.
- Taking on carbohydrates before and during prolonged performance has been shown to reduce the negative impact of glycogen depletion on performance.

Hydration – The Facts:

- A 2% reduction in body weight through sweat can significantly decrease performance.
- Fluid lost through sweat contains key electrolytes such as sodium and potassium which must also be replaced.
- In many cases, athletes begin training and competing in a dehydrated state, which not only affects their performance in the short term but makes it even harder to hydrate in time for their next period of exercise.

You can be much more accurate about how much to drink after training by weighing yourself before and after as every kilogram lost should be replaced with 1.5L of fluid. Weigh yourself wearing the least amount of clothes possible to improve the accuracy of the results.

You can also check your hydration status throughout the day by checking your pee colour, see the below chart.



Hydrate your body with Lucozade Sport Hydro Active

Why use it

Lucozade Sport Hydro Active replaces not only the fluid lost in sweat but also electrolytes such as sodium.

When to use it

Drink Lucozade Sport Hydro Active before, during and after exercise for better hydration while you work out. This is ideal for low intensity training sessions or runs of up to an hour.

Fuel your muscles with Lucozade Sport Body Fuel

Why use it

Lucozade Sport Body Fuel contains fluid and carbohydrate to help fuel your muscles and hydrate your body.

When to use it

Ideal for high intensity training sessions of 30 mins or longer or when running for 60 mins or longer at low to moderate intensity.

Focus your mind with Lucozade Sport with Caffeine Boost

Why use it

Lucozade Sport with Caffeine Boost contains carbohydrate to improve physical performance, and caffeine which has been proven to enhance focus, improve alertness and concentration.

When to use it

Drink approx 500ml Lucozade Sport with Caffeine Boost one hour before training to allow the caffeine to peak in the blood stream. It is ideal for high intensity training sessions of 30 mins or longer or when racing when concentration and focus is key.

Accelerate Your Recovery

Why Use it

Lucozade Sport Recovery products contain a mix of carbohydrate and protein. Protein is required for muscle maintenance and recovery, and whey protein has been scientifically proven to accelerate recovery after training.

When to Use it

For best results consume a Lucozade Sport Recovery product soon after training or running in order to promote muscle protein synthesis and rebuild glycogen stores.

Countdown to event day

Correct preparation is fundamental to an enjoyable race day experience and can make the difference between achieving your goals or not.

The Final Week

As you begin to taper your training you should also gradually increase your carbohydrate intake. Foods such as potatoes, rice, pasta, bread, bananas, jelly sweets and Lucozade Sport are all high in carbohydrate and low in fat.

The Day Before

To ensure that your body is properly hydrated in the lead up to race day, drink plenty of fluids to make sure your pee/urine is a pale straw colour.

The evening before the event, try to eat high carbohydrate, low fat foods you like and are accustomed to eating. Chicken and pasta in a tomato sauce or a baked potato with tuna and vegetables are both great examples of what to have a couple of hours before you go to sleep.

Event Day

Your event day breakfast is very important. Cereal, toast, porridge, fruit and juice are all high in carbohydrates. However, **DO NOT TRY ANYTHING NEW ON THE DAY!** Aim to have your breakfast 2-3 hours before the event begins and keep yourself hydrated by drinking small amounts regularly on the way to the start line.

Around ½ hour before the start, top up your energy supplies with a small snack, like a Lucozade Sport Energy Bar or banana and up to 300ml of Lucozade Sport Body Fuel or Lucozade Sport with Caffeine Boost

Regardless of the weather, it is important to drink throughout the event. Take a drink of Lucozade Sport Body Fuel every 15-20mins during your race to keep you fuelled and hydrated to the finish line.

Most of all enjoy yourself and good luck!

Lucozade Sport is committed to helping you with all of your training and racing needs and will have a member of the Lucozade Sport Science Team at the event to answer any last minute questions. Please go to www.lucozade.com/running for more information.

For more information on the products available to you from the Lucozade Sport range, as well as a fantastic 20% discount (using the code **CPT29**) go to: www.lucozadeshop.com