General Nutritional Advice: Fuelling & Hydration



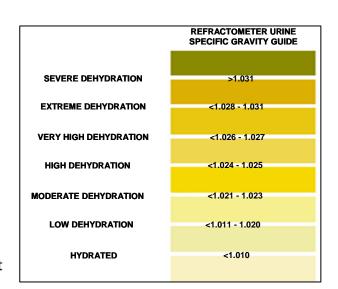
Good fuelling and hydration are essential for energy

Hydration

- Use urine colour to monitor your hydration. Urine should be very pale in colour.
- Sip on water throughout the day Get a water bottle, carry it with you and drink from it regularly.
- Set fluid goals e.g. drink 500ml between breakfast and lunch and 500ml between lunch and dinner.
- Carry water with you during training and sip throughout the session.

Fuelling

- Eat and balanced diet that is high in carbohydrates and low in fat.
- Include carbohydrates at each meal and snack. Fruit is a good source of carbohydrates and is a great snack if you are trying to lose weight.



- Never train in a 'fasted state' e.g. if you have skipped meals/snacks during the day.
- If you are running before breakfast ensure the previous night's dinner was high in carbohydrates. If not eat include some carbohydrates before training e.g. banana or glass of juice.