



WHAT YOU NEED TO KNOW....

{Fuelling your body for endurance activities: 90min +}

- Pre Event...

Fluids → You have to make sure you are well hydrated before the event even starts. Over longer periods running pace will decrease by 2% for each (%) of body weight lost through dehydration – so if you start ‘under’ your performance is going to be hindered without a doubt.

Food → It’s really important to fuel your body with good wholesome food 2-3 days leading up to race day so you have a ‘**food bank**’ of energy to burn through come race day. Think pasta salads, roasted vegetables, rice bowls, yoghurt + fruit smoothies, raw bliss balls etc.

- During Event...

Between the 90 min to 2 hour mark of prolonged activity is where sweat loss tends to become significant and this is why **fluids + refuelling** are imperative for adventure racing. Everyone’s sweat rate and concentration is different so it’s important to listen to your own body.

→ Ask yourself:

Am I thirsty? If yes, you are already slightly dehydrated. Be sure to sip water continuously. Do NOT gulp large amounts hours apart.

Am I licking my lips for salt or craving potato chips? Your body is getting low on sodium, reach for a salty food source.

Am I starting to feel crampy? Magnesium / potassium / salt and/ or water. It’s hard to determine the cause of cramp so be sure to have a little of everything.

Am I tripping over on small stones or tree roots often? It’s likely your bloody glucose is getting low. Have something high in sugar initially and then something more wholefood based to back it up and keep your BG more constant.

***Key note:** It’s really hard to make good decisions once you’re dehydrated or your blood glucose is low. If you see a team mate starting to get clumsy, slurring their speech, or acting weird make sure you stop the group and have a forced fluid + food stop as its unlikely they have the cognitive ability to make that call themselves.

Fluids what you need...

- Keep good old plain water handy. Whether in your camelpak or in a bottle where it is easily accessed.
- If you are going for 2+ hours or in really hot conditions you would be smart to use 'gels' as well as food (be sure you only use these during race day IF you have used them in training). 1 gel will give 1 hour of energy but they do take 15 min to kick in- you will need approx. 1 cup of water with it. Do NOT drink the water all at once. Sip away before the gel for a few minutes and then following.
- An electrolyte mix or diluted sports drinks like powerade isotonic can be used interspersed with gels to help get in the sodium/ magnesium and potassium needed for 2+ hours. Once again only use this during race day IF you have used it during training.

***Key note:** You always need to drink water alongside sports drinks/ gels.

Food what you need...

- We all think lollies, chocolate bars and muesli bars are good options to provide high energy and keep us going if we feel flat. Sugar does provide quick energy but it's **not** long lasting. You will actually get really, really sick of sweet foods over a long period.
- It's important to have sweet/ salty/ soft and harder foods so you don't cause any stomach upsets and so you can meet any of your body's needs.
- As you often are moving slower over longer periods it's actually really easy to eat whole foods so convenience foods aren't as important as shorter faster events.

Sweet	Gummy lollies Banana Baby food fruit pouches Honey white bread sandwich Nut based muesli bar Banana bread
Salty	Pretzels Potato chips Natural salted nuts Vegemite or peanut butter white bread sandwich Salami and cheese on crackers Beef jerky
Other	Cold pizza Savoury scone Raspberry bun Raw energy balls

***Key note:**

Heat what is most important → Fluids | Cold what is most important → Food