

# Vienna Marathon – Nutrition, Supplements, & Fueling

## Nutrition & Supplements

### Calories

*\*Note, this is just my calories that I think will benefit me the most heading into an endurance type race to have energy to run but try maintaining muscle mass – someone might eat more or less depending on their own goals & just general body functions/type*

- ~ 3,200 calories [3,400 calories on Wed. & Sundays]
  - Protein (4cal/gram) – 220g
    - 880 calories
  - Carbs (4 cal/gram) – 350g [400g on Wednesday interval & Sunday long run days]
    - 1,400 - 1,600 calories
  - Fat (9 cal/gram) – 100-110g
    - 900 - 990 calories
- Importance of each macro nutrient:
  - Protein –
    - Crucial for building & maintaining muscle mass – especially on a run heavy program, you want to be able to recover as quickly as possible.
    - Other benefits include maintaining bone health, support hormone production (estrogen, insulin thyroid, and more), & reduces hunger/cravings
  - Carbs –
    - Provide energy for our body in the form of glucose & any extra glucose that we don't need at that time is stored in the form of glycogen
    - Your body can utilize carbs quickly & effectively during exercise
  - Fats –
    - Fats assist in the transport of some vitamins that are fat-soluble (Vit A, D, E, K)
    - Regulate body temp & help with hormone production
    - Supply essential fatty acids like Omega-3 & 6 that is not produced by the body (we need them from food)

## Supplements:

*\*This is what I'm using in general training & marathon training, be sure to do your own research for your personal situation as well*

### Morning

Name	Benefit
Iron	Produce blood cells that carry oxygen in blood (may not be necessary if diet is high in red meat)
Zinc	Recovery, immune system, & help metabolic function
Calcium	Bone health especially with sport that adds stress to skeletal structure
Magnesium Glycinate	Anti-inflammatory effect, promote protein & DNA synthesis, & calms/relaxes body
Vitamin B Complex	Promote higher energy levels
Potassium	Maintain hydration & proper muscle functioning
Vitamin D3	Absorb calcium, hormone health, & inflammation reduction [Crucial in winter in northern hemisphere where we can't get it from the sun which is the primary source]
Omega-3	Heart health, immune system, & effects of inflammation
Turmeric	Anti-inflammatory & reduce muscle soreness post-exercise

### Night

Name	Benefit
Magnesium Threonate	Brain health, mental function, & can help to calm yourself for better sleep
L-theanine	Relieve stress disorders, improve mood, & maintain normal sleep

## Fueling

### General Meal Ideas:

#### Breakfast meals

1. 3 - 4 eggs, 2 slices of whole wheat toast, & bacon on the weekend
2. 60-80 grams oats, ½ cup plain Greek yoghurt, ½ cup raspberries, ½ cup blueberries, honey, scoop of protein powder, & a little bit of milk (mainly for texture)

#### Lunch Meals:

- 6 – 9oz Chicken breast, ½ cup of rice, steamed broccoli
- 8 – 10oz Ground beef, ½ cup of rice, & steamed mixed veggies
- That's about the only lunches I eat right now just cause it's easy to make and helps me hit my macro targets. But there are a lot of other things out there on the internet

#### Dinner Meals:

- Sirloin/Ribeye Steak, 300 – 400g potatoes, & mixed veggies
- 8oz Chicken breast, 80 – 100g quinoa, & mixed veggies
- 10 – 12oz ground beef, 4 – 6oz penne pasta with whatever pasta sauce you like
- 2 ground beef patties on 2 slices of whole wheat toast, & 300 – 400g baby potatoes on the side

#### Snacks:

- Bananas
- Protein bar
- Nuts (peanut, cashews, macadamia are a few)
- Trail mix
- Protein Shake

#### Fueling

##### *Pre-running food:*

- Sourdough slice with jam (30-45 min before run) [I prefer strawberry jam]
- Whole wheat slice with jam (30-45 min before run)
- 40g oats, 20-30g honey (45-60 min before run) [typically for long runs or intense trainings]

# The 18th Mile

## *Post-running recovery food:*

- Typically, my breakfast since I run in the mornings, but if I had to make some –
  - **Protein shake** with added banana or berry, protein powder, peanut butter, milk/water mix, and 20-40 grams oats
  - 2-4 eggs, 2 slices toast, avocado & Greek yoghurt with honey on side
  - 40-60 grams oats, ½ scoop protein powder, blueberries, raspberries, Greek yoghurt, & honey mixed in a bowl

## *Race day nutrition tips*

- Consume a good breakfast that is high in carbs and protein which will help you stay energized throughout the race.
  - Typically, I'd try do this 2-3 hours before the race to give enough time for it to digest
- I try drink a big cup of coffee to get my stomach going because bowel movements during a race is a real thing so try use the toilet before you go to the race
- Consume 32 – 64oz drink that is high in electrolytes, glucose, and sodium during the 2-3 hours before the race (the more the better within reason)
- Eat your pre-run meal about 1 hour before as you would have done on other long run days
- Make sure you have a good mix between caffeinated and non-caffeinated gels for during your run
  - I like hitting a gel right before the race starts because at that point getting that extra boost means I can stay ahead of any glucose shortage