

## Training Tips for Running a 5K Race

- Check with your health care provider before beginning any new exercise program.
- Schedule each training session as you would a business appointment or a part of your daily routine. Write your workout on your calendar and make the commitment to follow through.
- Find a training partner with similar fitness goals. It makes running more fun, and you're less likely to find excuses to skip a session since someone is waiting for you.
- Invest in a good pair of shoes from a running knowledgeable store where the staff will evaluate your feet to determine the right shoe for you. Running shouldn't hurt! Take in your old shoes for them to evaluate too!
- Choose clothing that wicks moisture away from your skin. In cooler weather, dress in layers.
- As you develop your training, remember to eat a balanced diet, take supplements, drink plenty of water, and get enough sleep.

## Nutrition Tips for Running a 5K Race

### Eating is important: Before, during and after your workout

When you eat and what you eat can affect your exercise performance and the way you feel while you're exercising. Coordinate your meals, snacks and what you drink to make the most of your exercise routine.

### To get the most from your workout:

- **Eat a healthy breakfast.** Wake up early enough to eat breakfast. Most of the energy you got from dinner last night is used up by morning. Your blood sugar may be low. If you don't eat, you may feel sluggish or lightheaded while exercising. If you plan to exercise within an hour after breakfast, eat a smaller breakfast or drink something to raise your blood sugar, such as a sports drink.
- **Time your meals based on their size.** Eat large meals at least three to four hours before exercising. You can eat small meals two to three hours before exercising. Most people can eat snacks right before and during exercise. The key is how you feel. Do what works best for you.
- **Don't skip meals.** Skipping meals may cause low blood sugar, which can make you feel weak and lightheaded. It is best to prepare and have a healthy snack with you, but if you only have a candy bar, that is actually better than nothing. Not all foods work the same for everyone. Find out what works for you.
- **Eat after your workout.** To help your muscles recover and to replace their glycogen stores, eat a meal that contains both protein and carbohydrates within two hours of your exercise session if possible. Women, in particular, may need protein after resistance training.

### What will fuel your best performance?

You must eat the right foods to provide the right energy for your workouts. Focus on these foods and you'll be on the right track.

### **Carbohydrates: Your body's chief source of fuel**

- You'll feel better when you exercise if you eat foods high in carbohydrates and low in fat. Your body stores excess carbohydrates as glycogen — primarily in your muscles and liver. Your muscles use stored glycogen when needed for energy.
- A diet containing at least 50 percent of calories from carbohydrates allows your body to store glycogen, but if you're a long—distance runner or you exercise for long periods of time, you might want to consume more carbohydrates regularly and consider carbohydrate loading before a big athletic event.
- Good carbohydrate sources include: cereals, breads, vegetables, pasta, rice and fruit.
- Consider beverage sources, if you don't like to eat solid foods before exercising. You can drink your carbohydrates in sports beverages or fruit juices. Do what feels best to you.

### **Protein and fats: Important, but not your body's top fuel choice**

- **Protein** isn't your body's food of choice for fueling exercise, but it does play a role in muscle repair and growth. Most people can easily get the protein they need from food sources and don't need additional protein supplements. Good protein sources include: lean meats, low—fat dairy products, and nuts.
- **Fat** is an important, although smaller, part of your diet. Fats, as well as carbohydrates, can provide fuel for your muscles during exercise. Try to get most of your fat from unsaturated sources such as: nuts, fatty fish, olive oils

Avoid fatty foods just before exercising, though. Fats remain in your stomach longer, causing you to feel less comfortable.

### **Water: Drink plenty to avoid dehydration**

Your body uses the water in your blood to carry nutrients such as sugar (glucose) to cells and to remove waste products from the cells. The presence of water in your body ensures that you can safely sustain physical activity.

To stay well hydrated during exercise, the American College of Sports Medicine recommends that you:

- Drink enough fluid to balance your daily fluid losses. You'll likely need more on days when the temperature and humidity are high.
- Drink roughly 2 to 3 cups (0.5 to 0.8 liters) of water before your workout.
- Drink roughly 2 to 3 cups (0.5 to 0.8 liters) of water after your workout for every pound (0.5 kilogram) of weight you lose during the workout.
- Drink about 1 cup (0.25 liters) of water every 15 to 20 minutes during your workout. You may need more the larger your body is or the warmer the weather is.

Water is generally the best way to replace lost fluid, unless you're exercising for more than 60 minutes. In that case, sip a sports drink to help maintain your electrolyte balance and give you a bit more energy from the carbohydrates in it. The sodium in sports drinks also helps you rehydrate more quickly.