

TRAIL HALF MARATHON NUTRITION GUIDE



A trail half marathon is very different to a road half marathon. The terrain, undulations and hills can add substantial effort and time to your race, especially if the weather is not great. However, whatever the weather, running off road is fantastic fun and can be even better and create ever lasting memories when the weather conditions are terrible!

In advance to any trail half marathon it is worth having a look at the results and times and then see if you can find out the accurate distance and elevation information. Armed with this information you can decide on not only what hydration/fuel to carry but also whether you may need something to carry it in.

We've paid our entry fee, trained hard and bought all the gear but the thing that often lets people down is fuelling correctly on race day. Whether you are looking to smash out a PB, pushing your body to its limits or are just looking to get around and survive. Taking on board the right fuel, at the right time can not only help you have a better run but it can also help you feel better during and after your big race.



Our guide is focused around our products, a tried and tested system that is used by European and World class athletes. They are not 'sponsored' athletes receiving free products, these are some of the world's best who purchase the system to get the very best out of their races so please read on and if you have any questions please feel free to get in touch.

In the build-up

Eat as you normally would (avoiding processed and fast food), ideally balanced meals based around fresh food you prepare yourself and get into the habit of sipping water throughout the day to ensure you are fully hydrated.

Days before

In the days prior to an Trail Marathon it's essential to ensure your system is as prepared as it can be, so our users often drink a **Night Fuel** in the evenings prior to an event as this helps to feed and nourish your muscles while you're asleep and in your most restorative state.

Sipping an **energy fuel** the day before can also help with this process and if you have travelled, especially abroad then the vitamins and minerals in the energy fuel help to replenish your fatigued state. If you fly, drink plenty of water while you're in the air to avoid dehydration.



Morning of the event

Avoid a 'heavy on the stomach' and large breakfast - we mean fry ups, too large a bowl of porridge etc. Having too much in your stomach is not going to help you when you start to run. Go for a calorific but easy to absorb breakfast like **Morning Fuel** and supplement this with a banana and/or

some seeds. Or simply have a FeelGoodBar as they are energy dense yet light on the stomach and are very nutritious.

Sip an energy fuel just after breakfast and on the way to the start line too. The alternative is to have a **Sports Jelly** 15 minutes before the race starts.

During the race

Preparation is key. Little and often will keep you going all day so you must practice this in training. Get used to having a sip of your drink every 15 to 20 mins, a nibble on your bar or a jelly every 45 mins to an hour on some of your long training runs.



From the start of your race you should be taking on board fuel from 20 minutes in, don't wait too long or you are already chasing glycogen depletion.

A trail marathon is going to take longer than a traditional road marathon and this can vary depending on terrain. It's always worth finding out about the course as technical terrain, steep up/down sections, boggy, wet or muddy sections can all slow you down but also have a big impact on energy used.



For a trail marathon, we'd suggest investing in a race pack that can hold soft flasks or sports bottles in the pockets on the front. We don't recommend ones like the traditional Camelbak where you fill up a litre or so of fluid and then have a long tube to drink from. The reason we suggest soft flasks or bottles is that you can physically see or feel how much fluid you have consumed and they are also easier to refill. Often an event will have a water station so you don't have to set off with all your planned fluids, which adds weight, you can simply fill up en-route.

As examples of how we'd fuel we'd suggest the following strategies based on a number of times;

Up to 2 hours

1 x Soft flask/Bottle of Energy Fuel (40g) to be sipped on and drank in the first 2 hours

Mile 2: Sports Jelly (20g carbs)

Mile 6: Sports Jelly (20g carbs)

Mile 10: Sports Jelly (20g carbs)

40g carbs per hour plus the carbohydrates you consume prior to the race.

2 to 4 hours

1 x Soft flask/Bottle of Energy Fuel (40g) to be sipped on and drank in the

first 1 1/2 to 2hours. Then allow for a further soft flask/bottle of Energy Fuel (40g) for the next 1 1/2 to 2hours or you could substitute this with two more Sports Jellies or half a FeelGood bar depending on your preference.

Mile 2: Sports Jelly (20g carbs)

Mile 5: ¼ of FeelGoodBar (10g carbs)

Mile 7: Sports Jelly (20g carbs)

Mile 9: ¼ of FeelGoodBar (10g carbs)

Mile 11: Mile 9: Sports Jelly (20g carbs)

40 to 53g carbs per hour plus the carbohydrates you consume prior to the race.

4 hours+

2 x 500ml Soft flask/Bottle of Energy Fuel (2 x 40g) to be sipped on and drank over a 4 to 5 hour period

Mile 2: Sports Jelly (20g carbs)

Mile 6: 1/2 of FeelGoodBar (20g carbs)

Mile 6: Sports Jelly (20g carbs)

Mile 10: 1/2 of FeelGoodBar (20g carbs)

Mile 10: Mile 9: Sports Jelly (20g carbs)

Mile 12: Mile 9: Sports Jelly (20g carbs)

40g carbs per hour plus the carbohydrates you consume prior to the race.

There's lots of info out there about maximising carbohydrate intake up to 90g per hour but you have to have a well-trained stomach and be vigilant as to intake, as too much fructose for example will end in a gurgling pit of misery. Your digestive and energy system also has to work hard to deliver energy in this way and when you're working muscles and organs are crying out for blood flow etc on a longer event your body can simply start to shut your stomach down and that is when nausea, sickness and diarrhea can ruin your race.

We suggest that you aim for around 40g to 60g in a marathon, on occasion you will go a little over and other times under. Ultimately you can't absorb more than 250 kcal an hour so if you keep adding in more than this you are going to get issues...



Little and often of each, don't overload the stomach, just keep it ticking over and replenishing glycogen. Remember there is an internal battle for blood flow and fluid when you exercise, particularly over longer distances and in addition to this weather conditions can also have a big impact ([Running in the heat](#), [Running in adverse conditions](#)). Your working muscles and vital organs are first in line for blood flow so you need to make it easy for your stomach as it is last in line and will be shut down if you eat heavy foods or the wrong types of drinks that require the body to divert too much blood.



The [Energy Fuel](#) has a balanced carbohydrate mix to ensure you rapidly replenish glycogen while delivering a sustained energy release. Added minerals (electrolytes), vitamins and amino acid ensures that your muscles are

replenished and fuelled for all types of effort and distance.



The **FeelGoodBars** are energy dense yet very light on the stomach (used by Crohn's and IBS users) and incredibly easy to eat as they literally melt in your mouth without the need to excessively chew or leaving a stodgy paste that's impossible to swallow. The fact that they are gluten free also helps reduce

stress on the stomach.



The **Sports Jellies** are refreshing, easy on the stomach (again used by Crohn's and IBS users) and contain electrolytes and unlike other gels you can rely on these to deliver your fast acting energy without worry of stomach issues or the need to drink lots of fluid with them, even on a hot day. You can also exclusively fuel on these if you find it hard to take on solids.

The finish



Yes you may want to collapse, chat to other competitors, loved ones etc but getting a Recovery Fuel in at this point will not only help you feel better sooner, it will also help offset DOM's the next day and that painful walk down the stairs may just be that little bit easier!

You can also consider a Night Fuel that evening too, will help you sleep and replenish your tired muscles while you're asleep.

Happy Running

Put simply the system and products work better than anything else out there. We have the countries and world's best runners as paying customers.



We have products that are very easy and light on the stomach, including gluten free and vegan options. We're delighted to have helped customers who have Crohn's and IBS type conditions to enjoy their running again, as finally they have a convenient and effective fuel that doesn't upset their systems.

Good luck and have fun and let us know how you get on with your next event.

A selection of our customers 2019 results:

Charlie Harpur donning his England vest and winning the 100k Anglo Celtic Plate

Kilian Jornet breaking the 24 hour elevation record completing 78,274ft over the 24 hours

Mark Lamb 1st English Fell Championships, Stretton Hills

Mark Lamb 2nd English Fell Championships, Stretton Hills

Mark Lamb 1st British Fell Championships, The Mourne Highline

Brennan Townshend 1st & Ricky Lightfoot 2nd, 3 Peaks

Victoria Wilkinson 1st English Fell Championships, Howgills

Mark Lamb 3rd English Fell Championships, Howgills

Rob Sinclair 1st, Pinnacle Ridge Sky Race

Kilian Jornet winning Zegema with GB's Vic Wilkinson making her debut in the Salomon Golden Trail series and finishing in 8th

In the Trail World Championships we saw our men secure a Team GB Silver medal with Jon Albon, Carl Bell & Ricky Lightfoot. Katie Kaars Sijpesteijn (5th team) and Henriette Albon who races for Norway with a fantastic performance in her debut finishing in the top 50

Brennan Townshend 2nd English Fell Champs, Great Lakes

Nichola Jackson 2nd English Fell Champs, Great Lakes

At the multi day Dragons Back race across Wales a 5-day journey, 315 kilometres long with 15,500 metres of ascent we saw Lisa Watson 1st lady and Sabrina Verjee 2nd in a tightly fought battle

After a 10 year wait Damian Hall has set a new Paddy Buckley round record. 47 peaks, 61 miles and 28,000ft ascent in 17:31. 11 minutes quicker than the previous record

Sabrina Verjee wins outright the Spine Race Fusion a 268 mile non stop race across the Pennine Way

Nichola Jackson 2nd English Fell Champs, Black Fell

Katie Kaars Sijpesteijn finishes 7th in the SkyRunning World Series, Mount Olympus in Greece

Charlie Harpur paces the final 38 miles of Tom Evans 3rd place in the Western States 100

Beth Pascal 4th Western States 100 miles 18,000 ft ascent & 23,000 ft descent

Jacob Adkin 1st & Team Gold in the European Mountain Running Championships, Zermatt

Brennan Townshend 1st & Mark Lamb 3rd English Fell Champs, Grisedale Horsehoe

Rob Sinclair 1st, Aaran Ultra Skyrace

Sarah McCormack wins, for the third year in a row the Snowdon International Mountain Race representing Team Ireland. Joe Baxter makes his debut, finishing 8th and team Silver.

Chris Holdsworth 4th Snowdonia Trail Marathon (Team GB qualifier), Lancashire fell champion and tour of Pendle champion for a 3rd year running.

Damian Hall finishes achieves a fantastic 7th (2nd v40) in the Eiger Ultra Trail only weeks after his Paddy Buckley Round record

Kilian Jornet 1st and new CR at Sierra Zinal, Golden Trail Series

Kilian Jornet 1st Pikes Peak, Golden Trail Series

Beth Pascal 5th UTMB

Julie Briscoe Team GB Silver World Championships 50k

Mark Lamb 1st English Fell Championships, Ilam Park

Damian Gielty wins the UK Sky Running series with 1st Snowdon Skyline, 1st Scafell Skyrace & 1st 7 Sisters Skyline

Katie Kaars Sijpesteijn 3rd overall & 1st Lady Ben Nevis Ultra (Glencoe Skyline)

Brennan Towhshend 1st, Rob Sinclair 2nd, Mourne Skyline UK Sky Race

Paul Tierney completed what is arguably the toughest continuous mountain run in the world, in fact possible the toughest run in the world, period. Completing all the Wainwrights in the English Lake District, 214 fells (peaks), 318 miles with 36,000m of ascent in a new record time of 6 days, 6 hours and 5 minutes. 7 Hours faster than the previous record. Paul was running in memory of friend and fellow athlete who lost his fight with mental health. If you are able you too can donate to MIND

Sarah McCormack wins the World Mountain Running Cup championship

Ricky Lightfoot wins and breaks the 50 mile Lakes In A Day record

Chris Holdsworth Lancashire fell champion and Tour of Pendle champion for a 3rd year running

Marcis Gubats 3rd, Maxi Race Madeira

Kim Collison sets a new Winter Bob Graham Record 15 hrs 47mins, the previous record was 18hrs 18mins. 42 peaks, 66 miles and 27,000ft ascent