



1 *Make sure you're eating enough carbohydrates.*

A diet that generally consists of **70% carbohydrate**, **20% protein** and **10% fat** is about right for endurance events. This is REALLY important for the two or three days heading into your long training runs and the marathon itself.



2 *Make sure you're hydrated.*

Make sure you drink about **three to four litres of liquid per day**. We recommend only drinking a sports drink (e.g. Endura) when training properly because it is not sugar based and replaces all sodium and potassium that you will sweat out during long runs.



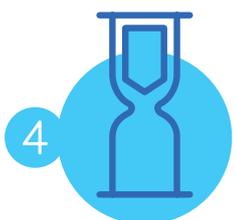
3 *Try this on the day of your long runs:*

Eat two pieces of toast, a banana and 500ml of sports drink three hours before you start (even if it means getting up early and going back to bed).

Then, don't eat or drink anything until you're about to start at 7:30am. This ensures you've finished your digestive process heading out for your run. That process typically takes about two and a half hours.

By eating within that window two things happen:

- 1) The body is still using energy to digest the food in your stomach. You need that energy for running.
- 2) The food you've eaten within that window is not useable as an energy source during the run because of where it is in the digestive process.



4 *Make sure you're eating lots of good food and re-hydrating after long runs.*

We suggest the 70% / 20% / 10% rule mentioned in hint 1.
One suggestion would be to eat a huge plate of pancakes after a long run with lots of fruit and sports drink. You need to do all of this within about an hour of your long runs to ensure your maximising your recovery.



5 *Perhaps consider wearing a Fuel Belt so that you're hydrating on the run itself.*

Your body can absorb and use roughly a litre of liquid per hour during exercise and about 70 grams of carbohydrate.
We suggest applying that by taking gels at the start, at 10km, 20km, 30km and 40km with 200ml of sports drink. Then we suggest taking 200ml of sports drink at 5km, 15km, 25km and 35km.
Work out your own system but know this is one of, if not, the most critical element in not **HITTING THE WALL!**