

WELCOME TO

# **Zero to 7k with Katie**

BY KATIE PIPER



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# Disclaimer

The content within this guide is not a substitute for professional medical diagnosis, care or treatment. If you are in any doubt whatsoever, have poor health, or pre-existing mental or physical conditions and/or injuries, do not attempt to follow the training or dietary guidance without clearance from your physician or doctor first.

By participating you knowingly and voluntarily assume all risks associated with such diet and exercise guidance. Powah Ltd & Katie Piper accepts no liability for any injury, loss or damage resulting from physical exercise or dietary choices made.

All content and guidance has been created and written by fully qualified industry professionals, and is presented and demonstrated by Katie Piper.

By following our guide you knowingly and voluntarily assume the inherent risk of physical/resistance training. You must always train in a safe and controlled environment, ensuring you have the requisite supervision of a competent/qualified gym assistant. At no time should you attempt to perform such activities alone and unsupervised.

The dietary guidance given as examples within this guide should act as a general guide only, based around how to formulate a balanced eating plan intended for someone who is in good health and aiming to be in a calorie deficit in order to lose unwanted excess fat. The specifics of an individual's dietary needs are complex, and therefore it is advised that you seek the advice of a qualified dietician in order to put together a full diet plan for yourself.

Should you suffer from any medical conditions, injuries or allergies, or should you be in any doubt whatsoever, you must seek medical/professional advice immediately, do NOT proceed to partake in any activity or change in diet. Any medical questions should be directed to a healthcare professional.

You acknowledge and agree that you are responsible for your own health and safety at all times, and that you have been assessed by a medical expert (e.g. your GP/Doctor) who has given you consent to partake in physical activity.

# Welcome To Zero To 7k With Katie



**W**elcome to Zero to 7k. I'm really happy that you are reading this because it means you are at the start of an exciting 7 week plan that is going to help you feel healthier, fitter and more positive.

You may well be feeling excited or even a little nervous about what's ahead, but I want to start by saying that I believe in you and you CAN do this. Whether you're new to running or you're already out there pounding the pavements, the next 7 weeks are all about YOU. Remember to always run your own race and focus on your own successes and improvements.

For me, running is not only great for keeping fit and in shape, it's also extremely important for my mental health. It gives me time to de-stress, reflect and clear my head. There is something about running that just lifts my mood and feels like I'm pressing the reset button.

I also love running because when you give yourself a series of small challenges you really do see big progression, and I can't wait for you to experience all of these incredible benefits that running has to offer.

The plan is designed to help you go from beginner level to being able to run 7k over 7 weeks, using real time running audio workouts and running specific conditioning workouts to aid technique, muscular endurance, core stability and injury prevention.



*To unlock videos, tap the Play button and enter password 'katie7k'*



I've worked with award winning personal trainer, Katie Bulmer-Cooke and expert nutritionist Kit Chamier, to bring this plan to life. The workouts are easy to follow and all you need is your own body...no equipment required.

I'm going to be there with you, in your ears, on every single run and I really want to follow and support your journey to 7k, so don't forget to tag me in your sweaty running selfies and any tracking app screenshots too!

Now it's time to get your trainers on....let's do this!

Much love,

*Katie x*

## Getting Started & Goal Setting

We all have our own reasons for putting on our trainers and exercising. Whatever your driving force is, it's important to be able to track your progress and results along the way.

If one of your goals is to make changes to factors such as muscle tone, weight or body fat then following the steps below will help you to see how your body is changing.

### Progress Pictures

Taking pictures is a great way to see how your body is adapting to exercise. For the most accurate representation of these changes, we recommend taking three 'before' pictures and repeating this process again when you reach the end of the plan.

Take the first picture facing the camera, the next from the side and the final one with your back to the camera.

For the most accurate pictures, be sure to take your 'before' and 'after' at the same time of day, wearing the same clothing (preferably fitted), in the same lighting.





If your goal is focused around weight loss, then you may also wish to weigh yourself and record your weight alongside using a tape measure to take measurements from various areas of your body, such as:

### **Neck**

Place the tape around the middle of your neck, while standing up straight with your neck relaxed.

### **Chest & Back**

Standing upright and while breathing normally, pass the tape around your torso in line with your nipples.

### **Upper Arm**

With your arm in a relaxed position by the side of your body, pass the tape around the widest part of the upper arm.

### **Waist**

Standing upright and while breathing normally, pass the tape around the narrowest point of your trunk.

### **Belly Button Line**

Standing upright and while breathing normally, pass the tape around your trunk, inline with your belly button.

### **Hips & Bum**

Standing upright with your feet together, pass the tape around your body inline with your hip bones.

### **Thighs**

Standing upright with your feet apart, pass the tape around the widest part of your thigh.

Just like when taking your progress photographs, ensure you always measure your body and weight at the same time of day, and wearing the same clothes

# Training Diary

Keeping a training diary is an excellent way to reflect on your running progress and you can use it to record your times and distances as well as making notes on how you felt before, during and after your run.

You can journal on paper or on your phone. Each session, make notes on what you did, what you enjoyed, what achievements you made and what you'd like to try and improve on in the next session. Looking back on these notes can prove to be very motivating and especially helpful for your long runs.

## Goal Setting

Setting your goals clearly and correctly will play a big part in ensuring you get to where you want to be, in a time efficient and motivated manner.

Using the SMART principle is the perfect way to do this.

# S

### Specific

Your goal needs to be specific and should avoid being broad. Many people set out to simply 'be able to run' or 'get fit', but neither of these goals are specific. A better goal would be, 'I will run 7k' or 'I will be able to run 7k without stopping'.

# M

### Measurable

The best way to be able to measure your goal and know if you have achieved it, is to attach a number to it. For example, 'I will be able to run' becomes 'I will be able to run 7k' or 'I will get fit and lose weight' becomes 'I will run 4k without stopping and lose an inch from my waist.'

# A

### Achievable

If your goals are not achievable, you will never feel like you are getting closer to achieving them, and are more likely to give up all together. If you are setting big goals, such as aiming to run a 10k, then be sure to break that down into smaller goals, such as achieving 3k at a time without stopping. Conversely, always challenge yourself, and don't make your goals too easy to achieve, otherwise it's too easy to throw discipline and motivation out of the window.

# R

### Realistic

Ask yourself, is the goal you have set realistic given your current commitments? If, for example, you've set yourself the goal of training for a marathon, does your current job and family commitments allow you the time to put in the hours and miles needed each week to achieve the goal? Similarly, if you've set yourself a weight loss goal, is it realistic? Do you have that much to lose? Can you realistically achieve it in the given timeframe you've set yourself?

# T

### Time Limited

It is really important to attach dates and deadlines to your goals in order to keep you on track, or it can be easy to lose focus and momentum.

In addition to using the SMART principle, it is also important to regularly reassess your goals and set new ones. As you approach completion of your first goal, start thinking about your next goal.

Always choose a goal that YOU feel passionate about and lights the fire in your belly. Don't focus on what other people are aiming for, and don't choose something that you think you should be focused on.

# Training Terminology

Your programme will contain several training techniques:



## Rest Time

Displayed in minutes and/or seconds, you will find a range of different rest periods throughout the programme. This is always given as a guide. If at any time you feel you need a little longer, listen to your body and take some more rest if needed.



## Intervals

Interval Training is a training style that involves short, medium to high intensity exercise periods alternated with periods of rest for a set period of time. These periods of exercise and rest are repeated several times to form part or all of your workout.



## Getting Started

# How To Use The Plan



**E**ach week you'll have 6 workouts to do, made up of two Interval Run Workouts, one Long Run, two Body Weight Conditioning Workouts and a Fast Flexibility workout.

You can choose which days you decide to workout, based on your work, family and general life commitments, but the key is to plan ahead.

In each workout you are encouraged to work at a pace that suits your current fitness level and ability, while always challenging yourself wherever possible.

If you're new to running your aim is to gradually build up your distance in the weekly long run.

If you're already running and achieve the 7k distance before the end of the 7 week plan, you can work on either increasing your distance in both the interval runs and the weekly long run and/or improving the time it takes you to run 7k in the weekly long run.

'Personally, I find it always helps to plan the week ahead on a Sunday and pop in my diary when I'm going to workout and which workout I'm going to do each day, and plan around what I have going on with the kids and work.'

*-Katie x*

Throughout the plan you'll see this symbol



**What to do when you feel like quitting**

Click the button and use password 'katie7k' to access the videos.

# What you will need



You can do all of the workouts anywhere, as you don't need any equipment.

You can choose to do your running workouts outdoors or on the treadmill.

In some workout videos, you'll see options to make some of the exercises harder (progression) or easier/low impact (regression) to allow you to work at a level that is best for you. Always be sure to choose a level that challenges you but also allows you to maintain good form and technique.

# Workout Overview

Each week you'll have 6 workouts to do, made up of two Interval Run Workouts, one Long Run, two Body Weight Conditioning Workouts and a Fast Flexibility workout.

## Instructions

You have 6 workouts to complete each week, made up of two Interval Run Workouts, one Long Run, two Body Weight Conditioning Workouts and a Fast Flexibility workout.

On your weekly Long Run, ease yourself into the run at a steady pace, and track how far you can go without stopping.

## Additional Information

In all of your workouts, always challenge yourself, while being able to maintain good technique.

## Each Week

\*Days can be swapped and changed around to suit work and general life commitments

Monday: Interval Run

Tuesday: Body Weight Conditioning Workout

Wednesday: Rest/Fast Flexibility

Thursday: Interval Run

Friday: Body Weight Conditioning Workout

Saturday: Rest

Sunday: Long Run (track how far you can go) & Fast Flexibility

In addition, the workouts are structured in such a way that you can go back to them again and again and make them more challenging, to ensure you keep progressing by:

Performing the Progression options

Performing more repetitions (reps) in each of the time periods where interval training is used

Reducing your rest periods

Increasing pace/speed in the run sessions

# Week Overviews

## Week 1

Monday: Interval Run 1  
Tuesday: Body Weight Conditioning Workout 1  
Wednesday: Rest/Fast Flexibility (of your choice)  
Thursday: Interval Run 1  
Friday: Body Weight Conditioning Workout 1  
Saturday: Rest  
Sunday: Long Run (track how far you can go)

## Week 2

Monday: Interval Run 2  
Tuesday: Body Weight Conditioning Workout 2  
Wednesday: Rest/Fast Flexibility (of your choice)  
Thursday: Interval Run 2  
Friday: Body Weight Conditioning Workout 2  
Saturday: Rest  
Sunday: Long Run (track how far you can go)

## Week 3

Monday: Interval Run 3  
Tuesday: Body Weight Conditioning Workout 3  
Wednesday: Rest/Fast Flexibility (of your choice)  
Thursday: Interval Run 3  
Friday: Body Weight Conditioning Workout 3  
Saturday: Rest  
Sunday: Long Run (track how far you can go)

## **Week 4**

Monday: Interval Run 4  
Tuesday: Body Weight Conditioning Workout 4  
Wednesday: Rest/Fast Flexibility (of your choice)  
Thursday: Interval Run 4  
Friday: Body Weight Conditioning Workout 4  
Saturday: Rest  
Sunday: Long Run (track how far you can go)

## **Week 5**

Monday: Interval Run 5  
Tuesday: Body Weight Conditioning Workout 5  
Wednesday: Rest/Fast Flexibility (of your choice)  
Thursday: Interval Run 5  
Friday: Body Weight Conditioning Workout 5  
Saturday: Rest  
Sunday: Long Run (track how far you can go)

## **Week 6**

Monday: Interval Run 6  
Tuesday: Body Weight Conditioning Workout 6  
Wednesday: Rest/Fast Flexibility (of your choice)  
Thursday: Interval Run 6  
Friday: Body Weight Conditioning Workout 6  
Saturday: Rest  
Sunday: Long Run (track how far you can go)

## **Week 7**

Monday: Interval Run 7  
Tuesday: Body Weight Conditioning Workout 7  
Wednesday: Rest/Fast Flexibility (of your choice)  
Thursday: Interval Run 7  
Friday: Body Weight Conditioning Workout 7  
Saturday: Rest  
Sunday: Long Run (track how far you can go)

# Warm Up

Always ensure that you warm up before starting each workout, including your runs, and don't skip ahead. At the start of each workout, select the warm up video, to help your body prepare for the workout ahead.



Warm Up



Glute Bridge

x 12 Reps

Scorpion

x 12 Reps

Alternating Knee Lifts

x 12 Reps each side

Squat

x 12 Reps

Hip Opener

x 12 Reps each side

Active Hamstring Stretch

x 12 Reps each side

Calf Raise

x 12 Reps

Reach & Rotate

x 12 Reps each side

# Cool Down

- > At the end of each workout always ensure you cool down and stretch.
- > Hold each stretch for approximately 15-60 seconds.

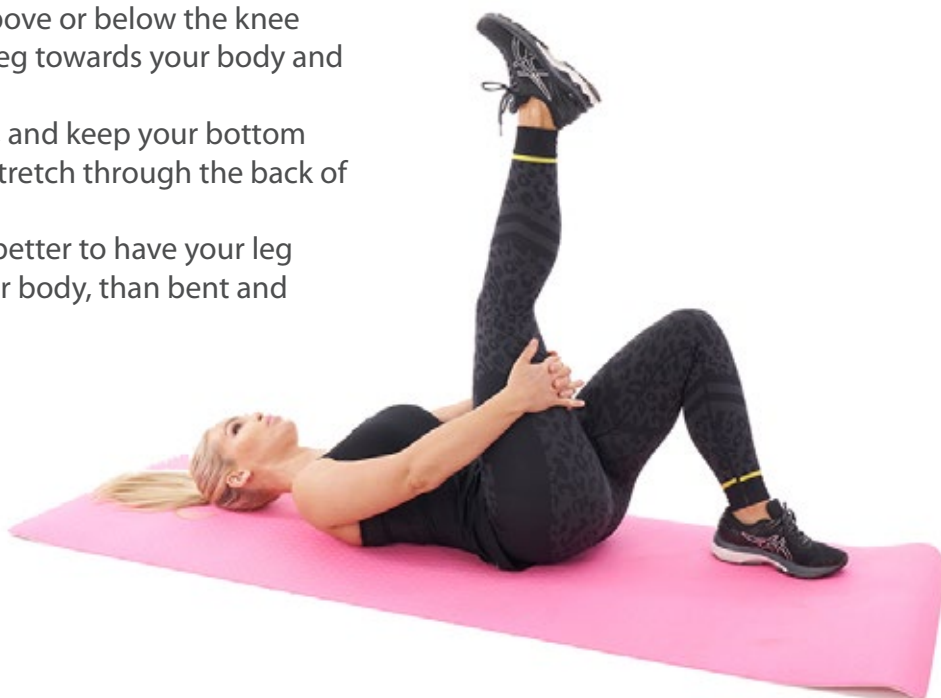
## Z Stretch

1. Lie on your back with your knees bent.
2. Allow your knees to fall to one side and your arms to the other.
3. Repeat on the other side.



## Hamstring Stretch

1. Lying on your back with your knees bent, then lift one leg up straight and support it either above or below the knee with your hands, as you bring the leg towards your body and head.
2. Keep the leg as straight as you can, and keep your bottom pressed onto the floor to create a stretch through the back of the thigh.
3. For the most effective stretch, it is better to have your leg straight and further away from your body, than bent and closer to your body.
4. Repeat on the other side.



# Cool Down

> Hold each stretch for approximately 15-60 seconds.

## Quad Stretch

1. Lying on your front, bring one heel up towards your bottom and use your hand around your ankle to assist.
2. Keep your knees close together and gently press the hips onto the floor to increase the stretch through the front of the thigh.
3. Repeat on the other side.



## Calf & Upper Back Stretch

1. In a split stance, with both feet pointing forwards, keep your back leg straight and heel pressed into the floor.
2. Bend the front knee and lean slightly forwards to increase the feeling of stretch in the calf.
3. At the same time bring your hands together and press them away from the body while rounding the upper back to create a feeling of stretch across the shoulder blades.



# Cool Down

> Hold each stretch for approximately 15-60 seconds.

## Calf & Chest Stretch

1. In a split stance, with both feet pointing forwards, keep your back leg straight and heel pressed into the floor.
2. Bend the front knee and lean slightly forwards to increase the feeling of stretch in the calf.
3. At the same time bring your hands onto your lower back, stand tall and squeeze your shoulder blades together to create a stretch across your chest.



## Adductor Stretch

1. Stand with the feet wide and toes slightly turned out, then bring both hands on one leg, and bend that same leg.
2. Keep the other leg straight to create a stretch in the inner thigh, while keeping your chest lifted.
3. Repeat on the other side.



# Cool Down

> Hold each stretch for approximately 15-60 seconds.

## Deltoid Stretch

1. Take one arm across the chest and support with the other arm.
2. Keep the shoulder down and relaxed.
3. Repeat on the other side.



## Tricep Stretch

1. Place one hand on the base of the back of the neck and use the other hand to support the stretch position.
2. Keep the chest lifted and upper body tall.
3. Repeat on the other side.



# Interval Run Workouts

*Click the Download buttons below to access your audio run workouts.*

*If you need any help at any time, please don't hesitate to contact our friendly customer support team at [support@powah.com](mailto:support@powah.com).*



## Interval Run 1

Total Workout Time: 20 minutes

In this workout you'll start by walking for 60 seconds and jogging for 30 seconds, for a total of 8 rounds. You'll then move onto walking for 20 seconds and running for 10 seconds for a total of 8 rounds, before cooling down with a 3 minute gentle walk.



## Interval Run 2

Total Workout Time: 23 minutes

In this workout you'll start by walking for 30 seconds and jogging for 30 seconds, for a total of 10 rounds. You'll then move onto walking for 30 seconds and running for 30 seconds for a total of 10 rounds, before cooling down with a 3 minute gentle walk.



# Interval Run Workouts

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## Interval Run 3

Total Workout Time: 26 minutes

In this workout you'll be walking for 30 seconds, jogging for 30 seconds, and running for 30 seconds, for a total of 15 rounds. You'll then move onto cooling down with a 3 minute gentle walk.



## Interval Run 4

Total Workout Time: 27 minutes

In this workout you'll be jogging for 60 seconds, running for 40 seconds and walking for 20 seconds, for a total of 12 rounds. You'll then move onto cooling down with a 3 minute gentle walk.



# Interval Run Workouts

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## Interval Run 5

Total Workout Time: 28 minutes

In this workout you'll be jogging for 60 seconds and running for 60 seconds for a total of 6 rounds before recovering with a 60 second walk. You'll then go back to jogging for 60 seconds and running for 60 seconds for 6 rounds, and finish the workout with a 3 minute gentle walk to cool down.



## Interval Run 6

Total Workout Time: 29 minutes

In this workout you'll be jogging for 30 seconds and running for 30 seconds for a total of 8 rounds before moving onto jogging for 20 seconds and running for 40 seconds for a total of 7 rounds. Then you'll move onto jogging for 15 seconds and running for 45 seconds for a total of 6 rounds before finally moving onto jogging for 10 seconds and running for 50 seconds for a total of 5 rounds. You'll then move onto cooling down with a 3 minute gentle walk.



# Interval Run Workouts

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## Interval Run 7

Total Workout Time: 33 minutes

In this workout you'll be jogging for 30 seconds and running for 1 minute and 30 seconds for a total of 15 rounds. You'll then move onto cooling down with a 3 minute gentle walk.



# Fast Flexibility Workouts

To unlock videos, tap the Play button and enter password  
'katie7k'

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contact our friendly customer support team at  
[support@powah.com](mailto:support@powah.com).

The Fast Flexibility workouts are designed to help you prevent injury and any muscle imbalance  
and fit essential stretching work into a busy schedule.



## Fast Flexibility 1

Total Workout Time: 12 minutes  
Perform each movement/stretch for 60 seconds.

Roll Down

Lying Quad Stretch (30 seconds each side)

Pigeon (right)

Pigeon (left)

Child's Pose Reach Through (30 seconds each side)

Cat Stretch

Kneeling Calf Stretch (right)

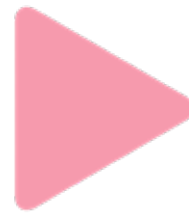
Kneeling Calf Stretch (left)

Kneeling Hamstring Stretch (right)

Kneeling Hamstring Stretch (left)

Z Stretch (right)

Z Stretch (left)



## Fast Flexibility 2

Total Workout Time: 12 minutes  
Perform each movement/stretch for 60 seconds.

Lying Hamstring Stretch (right)

Lying Hamstring Stretch (left)

Lying Glute Stretch (right)

Lying Glute Stretch (left)

Adductor Stretch

Chest Stretch

Tricep & Lat Stretch (right)

Tricep & Lat Stretch (left)

World's Greatest Stretch (right)

World's Greatest Stretch (left)

Active Calf Stretch

# Body Weight Conditioning Workout

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[support@powah.com](mailto:support@powah.com).

*The Body Weight Conditioning workouts are designed to improve the strength and endurance of the muscles that play key roles in running.*



## Body Weight Conditioning Workout 1 Interval Training

In this workout you'll be performing each exercise for 30 seconds with a 30 second rest between exercises. During your 30 second rest, keep your feet moving by marching on the spot. Complete the circuit 3-5 times in total depending on your fitness level.

Squat & Calf Raise

Side Plank Twist (right)

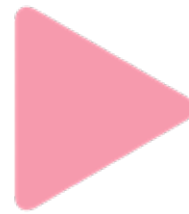
Alternating Lunge & Knee Lift

Side Plank Twist (left)

Single Leg Glute Bridge (right)

Press Up

Single Leg Glute Bridge (left)



## Body Weight Conditioning Workout 2 Interval Training

In this workout you'll be performing each exercise for 35 seconds with a 25 second rest between exercises. During your 25 second rest, keep your feet moving by marching on the spot. Complete the circuit 3-5 times in total depending on your fitness level.

Side Step Squat

Side Plank (right)

Side Plank (left)

Split Squat (right)

Dead Bug

Split Squat (left)

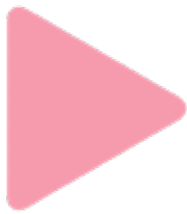
Plank Row

# Body Weight Conditioning Workout

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## Body Weight Conditioning Workout 3 Interval Training

In this workout you'll be performing each exercise for 40 seconds with a 20 second rest between exercises. Complete the circuit 3-5 times in total depending on your fitness level.

Side Lunge & Knee Lift (right)

Press Up Twist

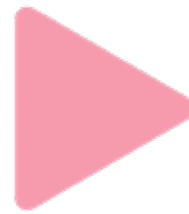
Side Lunge & Knee Lift (left)

Russian Twist

Plank Lunges

Dart

Squat & Rear Leg Lift



## Body Weight Conditioning Workout 4 Interval Training

In this workout you'll be performing each exercise for 45 seconds with a 15 second rest between exercises. Complete the circuit 3-5 times in total depending on your fitness level.

Clam (right)

Plank Up & Down

Clam (left)

Kneel & Stand

Bicycle Crunch

Superman

Stiff Leg Dead Lift

# Body Weight Conditioning Workout

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## Body Weight Conditioning Workout 5 Interval Training

In this workout you'll be performing each exercise for 50 seconds with a 10 second rest between exercises. Complete the circuit 3-5 times in total depending on your fitness level.

Split Squat (right)

Plank Up & Down

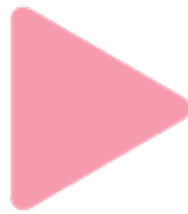
Split Squat (left)

Side Plank Hip Lift (right)

Y & T

Side Plank Hip Lift (left)

Frog Bridge



## Body Weight Conditioning Workout 6 Interval Training

In this workout you'll be performing each exercise in the circuit for 30 seconds with no rest between exercises. Once you have completed all of the exercises in the given circuit, rest for 30 seconds. Complete each circuit 3-4 times, depending on your fitness level, before moving onto the next.

Circuit A

A1: Single Leg Stiff Leg Dead Lift (right)

A2: Single Leg Stiff Leg Dead Lift (left)

A3: Plank

Circuit B

B1: Forward Lunge (right)

B2: Forward Lunge (left)

B3: Pike Plank

Circuit C

C1: Side Lunge & Twist (right)

C2: Side Lunge & Twist (left)

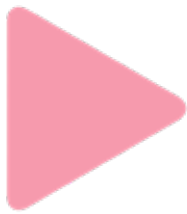
C3: Plank Twist

# Body Weight Conditioning Workout

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## Body Weight Conditioning Workout 7 Interval Training

Body Weight Conditioning Workout 7: Interval Training  
In this workout you'll be working for 20 seconds and  
resting for 10 seconds. Using the format, complete 8  
rounds of each exercise, before moving onto the next.

Alternating Lunge & Twist

Cross Body Mountain Climbers

Side Lunge & Reach

Lunge Hold & Runner's Arms

Hover / Hover Shoulder Taps



# Measuring Your Intensity

**T**hroughout your Run workouts, be sure to monitor your intensity.

We would recommend using a scale of 1-10.

1= Your effort level is minimal and you don't feel at all challenged

10= You are working as hard as you can and couldn't possibly increase your effort and intensity. You're giving it everything you've got!

- > Walking: Aim to work at an intensity level of around 5/10
- > Jogging: Aim to work at an intensity level of around 6-7/10
- > Running: Aim to work at an intensity of around 8/10

If you need some extra recovery time, you can switch your jog intervals to walking. If you decide to walk, aim to maintain an intensity of 5/10.

Throughout the workouts, listen to your body and focus on finding the right pace for you, that you can maintain, while still challenging yourself.



# Nutrition



There are some really key points to follow to get the most out of your running. It's good to remember to 'fuel the work' and eat well around your running rather than using it as a calorie burner and starvation exercise. It is much better for you to get the most out of your training by fuelling it well. This will mean you can perform better during the session, aiding adaptations in your body and meaning you don't finish completely depleted and exhausted. You can then bounce back day after day and train well leading to brilliant results.

# If Your Run Is Less Than An Hour



**B**efore you do these shorter runs, particularly if they are first thing in the morning, you might be able to not eat anything. Your body will use some of its carbohydrate and fat stores for energy. It might also work out that you do this run mid-afternoon, so your lunch will suffice as a fuel source even if it is a few hours before you start.

During these shorter runs you will likely only need water. This is a crucial part of performance that often gets overlooked. Sip throughout your training. We have more detail on hydration coming up.

After you finish these sessions we would advise that you do eat something. Your recovery means your body can bounce back quickly and be ready to train again that day or the next day. Depending on the time of day, it may well be that your breakfast becomes your recovery meal, or if you run mid-afternoon your dinner will fit well.

This meal should include some carbohydrates like oats, noodles, rice, or sweet potato, and a protein source such as meat, fish, or tofu. This is key for replenishing your energy stores and sending in some proteins to help repair your muscles.

# If Your Run Is More Than An Hour



**B**efore you do your longer run we highly recommend you have a meal. This meal will be crucial in making sure your body is topped up with carbohydrates to give you energy for a prolonged period of time.

A good example would be to eat a porridge oat breakfast, with fruit, and start your run about 45 minutes later once it has digested.

During your longer run it's important you take on some nutrition. Your body only holds enough energy itself for about 90 minutes worth of exercise so foods like banana, dates (as bars or balls if you want) and oat bars would work well. These are carbohydrate based and easily digested. Practice with these foods if they are new to you, and take small and regular bites from the start with your water.

After your longer run it's crucial to replenish your body's energy stores. If you do not do this, you will find yourself tired and snacking for the rest of the day and it will impact how you perform the next day.

This meal should include some carbohydrates like oats, noodles, rice, or sweet potato and a protein source such as meat, fish, or tofu. This is key for replenishing your energy stores and sending in some proteins to help repair your muscles.

## Hydration

This part of your nutrition is often overlooked. Keeping hydrated will mean your muscles can perform optimally and massively reduce the chances of fatigue and cramping. Water is the best fluid to hydrate with. Tea does count but coffee does not, so if you want something hot then use normal or herbal teas. Checking the colour of your urine is the easiest way to check your hydration status - you ideally want to see a light straw colour. Anything darker indicates dehydration.

## Key foods to include

A balanced diet is key to supporting all your needs. Plenty of fruit and vegetables, aiming for 7 portions in total per day, of all colours and including starchy vegetables and grains like sweet potato, rice, oats, noodles, pita breads, and tortilla wraps. In addition, making sure there are protein sources in each meal whether that's from milk, cheese, chicken, turkey, eggs, prawns, white fish, salmon, or tofu. This will cover carbohydrates for your energy, proteins for recovery, and fats. Overall you want to be on a Mediterranean style diet which is full of antioxidants, variation and lean proteins.

## Supplement use

Carbohydrate supplements such as gels, bars, and drinks are one way to deliver energy during exercise. They are typically a sugar based product, so we advise people to use real food for training purposes. This is a better strategy for expense, long term health, dental health, and saves the specialised products for any race days if needed. Foods that deliver carbohydrate easily during training would be bananas, dates, oat bars, malt loaf. If you want to create your own date or oat balls and bars, they work really well.

Electrolytes are a group of minerals which have a significant role in muscle function. They are typically found as an effervescent tablet, which you drop into your water. These would be useful to use a few times per week anytime, to make sure your electrolytes levels are topped up, particularly in the summer months when we sweat more. These are 0kcal and caffeine free.

Caffeine is a commonly used product for sports performance. It is one of the most researched ergogenic aids and improves performance by stimulating the muscle and dampening pain responses from the muscles. Most people will use coffee to get their hit, but you can buy specialist products like gum and tablets. For your longer run you might want to try and use caffeine before you set off to help your performance. Bear in mind the effects last 6 hours and you only need about 100-200mg or 1 coffee to get the effects.





**Well Done**



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