

Marathon Nutrition

Providing your body with plenty of go is important when you are training for a marathon. There are four main pieces to this puzzle. It's simple when written down, but doing it can be another story. Let me know if you need a [hand](#)!

Everyday Nutrition

Training for a marathon is hard on your body! Thank it with food that provides plenty of goodness.

- Eat plenty of **fruit and vegetables** (your parents were right).
- Eat **balanced meals** including whole-grain **carbohydrates** (breads, cereals, rice, pasta, fruit, starchy vegetables), **protein** (meat, eggs, dairy, lentils, tofu, beans), and healthy **fats**.
- Think about iron and calcium rich foods.
- Don't micromanage your nutrient and calorie intake, it is unnecessary and boring.
- Enjoy your food - you've earned it.

Training Nutrition

When training is less than 1 hr:

No requirements. Some carbs may perk you up though.

When training is 1-2 hrs:

Aim for 30-60g of carbs per hour from fluid and fuel. You should drink to thirst.

When training is 2+ hrs:

- Nutrition is important to optimise training quality and practise for event day.
- The more carbs you can tolerate, the better you will perform.
- Aim for at least 60g of carbs per hour.
- Fluid requirements vary depending on the weather and personal factors.

Get Personalised Advice

Achieve your event goals with a personalised nutrition plan for training and race day.

Click [here](#) for more details.

Pre-training Nutrition

Food/Fuel

- Prior to longer training sessions a pre-exercise meal can improve performance.
- Take 2-3 hours prior to exercise if possible.
- Choose foods that make you feel great, but aim to focus on whole-grain carbohydrates.
- Some fats and protein (e.g. eggs, dairy, meat etc) can be included but larger amounts can cause gastro issues.

Fluid

- Aim to be well hydrated prior to exercise - regularly drink water but generally no need for electrolytes

What you practise during training should be what you do on event day. The Wellington Marathon starts at 7:30, so practise getting up at 5:30, eating, and starting training at 7:30.

The exact amount of carbohydrate you consume will depend on a range of individual factors.

Recovery Nutrition

Training is not over until you have eaten your

recovery meal. Optimal recovery nutrition, especially after longer sessions, is key to optimising fitness gains. Personal requirements vary, but be mindful and listen to your body.

When training is less than 1 hr:

Aim to eat a meal or snack that includes carbs and protein soon after training.

When training is 1-2 hrs:

Consume a meal containing carbs and protein soon after training, and include an extra snack.

When training is 2+ hrs:

Consume a large meal or snack soon after exercise, and follow this up with another meal/snack within 2 hours. Make it carb and protein rich, and don't forget your veggies :)