

# The Nutritional Lowdown



Swim up to 300m...



...cycle up to 12km...



...and run or walk up to 5km.

Hi,

What to eat and when, before, after and during exercise is a tough one and often no two people are exactly the same. Getting the balance right between what works for you and what doesn't often only comes with practice and trial and error. Here we outline a few suggestions to give you an idea as to how to eat smart when it comes to exercising so you're prepared for event day.



*Eat right before you run!*

## **Before**

If you've got one or two hours before you're heading out to burn some calories, you've got time to digest a more substantial meal. If it's breakfast, porridge is a great slow energy burner. Add some fresh fruit for variety and to add valuable nutrients.

If time isn't on your side or your last meal was a while ago, you should still eat something before you get in the pool or hit the roads. A banana or a piece of multigrain toast with peanut butter will give you a boost to get more out of your session. And don't forget to drink something before you head out the door to offset sweat loss.

## **During**

if you're out for a long training session take an energy gel or a muesli bar with you. It will give you an energy boost if you're feeling tired mid training. If you've got a bottle holder on your bike or a Camelbak, fill it up with water or an energy drink. You'll need to rehydrate en route, especially in the summer heat. When you're doing the real thing, why not have something in transition to snack on if you need it during the race too?

## **After**

Make sure you eat within an hour of finishing and include carbohydrate and protein in your meal. A pasta dish is a good place to start or a tuna sandwich will also give you the energy you need to recover fully. If you're stuck for time then an energy or a muesli bar is a quick and easy option too. Don't forget that it can take up to two days to fully recover from a training session so don't neglect your nutrition even on your 'off' days.



*A well deserved sausage post-tri!*

Whatever combination works for you, it's important to have a plan for what you're going to eat before and on event day so that you feel prepared and can perform to your best!

If you're yet to enter one of the TriWoman events this summer, there's still time! [Click here!](#)

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