

Team CdLS Saratoga Palio ½ Marathon & 5K Training

Tips for the Week of 8-8-2011

There are 6 weeks to go before the Saratoga Palio Half Marathon & 5K. It's another build week.

½ Marathoning is a *calorie deficit* sport, so consequently we need to consume more calories than our sedentary friends. We need to “eat to run”. Coincidentally, most runners seem to enjoy eating. In fact, you might say that a lot of us “run to eat”. I've heard of some pretty unusual pre-race favorites over the years, including: Pop Tarts, Diet Coke (diet?) and Egg McMuffins (which without the cheese slice are actually pretty nutritious). However, being a ½ marathoner doesn't necessarily give you complete freedom in the food department. So what's the right formula? Check out the nutrition tips below.

Whatever combination that you come up with, make sure that you practice it during training. This includes dinner the night before the run, breakfast the morning of the run, fluids and gels during the run, and a post race meal. Don't plan on trying anything during race week that you haven't practiced during this training session.

Nutrition for Runners

The energy needs for runners are high, with the average runner burning approximately *100 calories per mile*. To meet these energy requirements, it's important to eat the correct fuel in sufficient quantities at the appropriate times. Thinking of food as “fuel for your engine” will help you make the right choices.

Runners should aim for a well balanced diet consisting mainly of unprocessed foods, starting with fruits, vegetables, whole grains and lean proteins. During training, you require more carbohydrates for energy and protein for muscle repair. The runner's diet should consist of approx. 60% carbohydrates, 20% protein and 20% fats (mostly mono and polyunsaturated). There are a wide variety of carbohydrate sources. Many athletes are now replacing a portion of their traditional white flour pastas and breads with fruits and vegetables and other whole grains. ½ Marathon training and low carbohydrate diets do not work, and dieting during ½ marathon training in an attempt to lose weight is a mistake that will adversely affect running performance and health.

Runners need to eat the right foods at the right time to keep the “fuel tank” from running low. In general, eat often to keep blood sugar levels even throughout the day. Do not skip breakfast, but allow time between meals and your runs. Although a diet high in fiber is recommended for general health, you may want to limit fiber intake the night before, and the morning of the long run. Skip that new box of cereal that advertises, “All your daily fiber in one bowl!” before your 20 miler. ☺ Consume easily digested carbohydrates, such as energy gels and sports drinks, during longer runs. Immediately following your run, when muscle glycogen is depleted, is an appropriate time to consume simple sugars. Eat a few hundred calories **within 30 minutes** following your runs. It's suggested that a ratio of 4:1 carbohydrates to proteins will help in restocking muscle glycogen and aiding in muscle repair. Although there are a variety of specialty recovery drinks on the market, here are some other options: yogurt, low-fat chocolate milk, fruit smoothies with added soy milk or soy or whey protein, bananas and peanut butter. Diabetic and hypoglycemic

runners should check with their health care providers regarding their dietary needs during training.

Many athletes are now choosing a vegetarian diet for a variety of reasons. There are, however, a few additional considerations for the vegetarian runner. Without meat, the vegetarian athlete needs alternate protein source. Non-vegans do not have to worry too much. Dairy, beans, whole grains and nuts can supply sufficient protein needs. Without dairy or eggs, vegans have to plan more carefully. Soy is a complete protein source. Besides tofu, there are various meat substitutes made from soy, including soy burgers and soy dogs. Rice (brown rice is a good choice) or pasta (again whole grain pasta is a good option) and beans, will in combination, provide a complete protein. It is now believed that these incomplete sources no longer have to be consumed together at one meal.

Vegetarians also need to be sure to get enough iron, zinc, B12 and calcium. Non-vegans do not have much to worry here if they consume dairy and green leafy vegetables. Again, vegans need to be more thoughtful in their planning to obtain all necessary nutrients otherwise found only in animal products (B12, for example).

Here is good article for you Vegetarian Athletes.

<http://www.runthepanet.com/trainingracing/nutrition/vegetarian.asp>

Nutrition

By

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Originally found on the [Running Network](#)

"I Know What I Should Do To Eat Well; I Just Don't Do It" If this mantra sounds familiar, the following primer can perhaps help you fuel yourself with premium nutrition and invest in your good health for many years to come.

Aging is the accumulation of a lifetime of poor nutrition and inactivity. To maintain your youthfulness, eat wisely, eat well, and enjoy regular physical activity. People who burn 1,500 calories per week via exercise tend to be healthier and live longer. Breakfast is the most important meal of the day. People who eat breakfast tend to make wiser food choices the rest of the day and have an overall healthier diet than do breakfast skippers. Cereal at 8:00 a.m. is nutritionally preferable to donuts at 10. Cereal is a breakfast of champions. Fiber-rich cereals (bran flakes, oat bran, all-bran, etc.) are among the best choices. Enjoy with a banana, low fat milk and glass of orange juice for an A+ meal that's high in carbohydrates, low in fat, calcium-rich and cook-free. Diets to lose weight should start dinner. Be sure to eat a substantial breakfast and lunch so you'll have the energy you need to exercise--and enjoy doing so, and remind yourself at dinner, "I'd rather be thinner than over-eat." Eat before you get too hungry! Otherwise, you'll start to crave sweets and will likely succumb to poor food choices. Fats are fattening in excess, but so are fat-free foods. Small amounts of fat can help balance your diet, satisfy your hunger and reduce the desire to eat yet-another-serving of fat-free food (frozen yogurt, cookies, etc.) that adds calories to your diet.

Good nutrition starts in the supermarket. Post a shopping list in a convenient place where you and your family can easily add to it, and then remember to use it! Shop when you are well fed. Otherwise, too many treats may jump into the shopping cart.

Hunger is simply your body's request for fuel. Honor your body's hunger by fueling yourself appropriately. Try to eat like a child--that is, eat when you are hungry, and stop when content. You'll achieve an appropriate weight and have lots of energy. Ice cream that is expensive tends to be highest in calories and fat. Stick to the inexpensive brands--or frozen yogurt. Junk food can fit into your diet after you have eaten wholesome meals. That is, you can appropriately enjoy a small brownie for dessert after a healthful lunch. Ten percent of your daily calories (about 180-250) can appropriately come from sugar.

Keep to an eating schedule. People tend to get hungry every four hours (breakfast at 8:00, lunch at 12:00, snack at 4:00, dinner at 7:00-8:00). Don't skip meals or you'll lack energy and likely over-compensate later in the day. Lentils, kidney beans, split pea soup and other foods made with beans and legumes are excellent for both protein and carbohydrates. They digest slowly, providing a steady release of energy that can enhance your stamina. Meats have a cholesterol content similar to chicken and fish. Meat's saturated fat is the health culprit. Two to four lean meat-meals per week can be a healthful addition to a sports diet, to provide protein as well as iron and zinc. No one should eliminate favorite foods, even foods loaded with fat. Denial will eventually lead to binge eating. For example, enjoying a "diet portion" of five chips every day is healthier than succumbing to 500 chips on the weekend.

Oranges, grapefruits and other citrus fruits are among the best fruit choices. They are rich in Vitamin C and potassium. Eat a citrus fruit daily--an excellent health-booster. A 6-ounce glass of orange juice provides the Daily Value for Vitamin C (60 mg).

Potatoes offer more nutritional value than do rice or pasta (plain, without the tomato sauce). Bake several and enjoy the planned-overs for breakfast, lunch and even snacks. Be sure to eat the skin--most of the vitamin C is right underneath! Quick Meals that include at least three types of wholesome foods tend to be "well-balanced" meals. Examples: cereal, milk and banana; bagel, peanut butter and yogurt; apple, low fat cheese and crackers; spaghetti, tomato sauce and ground turkey. Rather than suffer through fat-free cheese and other fat-free products that do not dazzle your taste buds, enjoy small portions of the "real thing." Given that 20-30 percent of your calories can appropriately come from fat, you might as well budget them in! Supplements are to supplement healthy eating, not to compensate for poor eating habits. For example, don't think that a calcium pill can replace milk, yogurt or other calcium-rich foods in your diet. Tofu (soy bean curd) is a health-protective food that reduces cholesterol and the risk of both heart disease and cancer. Add some to soups, casseroles and mixed meals. Tofu is sold in the produce section of the grocery store. Unless you want to become frail and lose your ability to live independently, you should do exercise that maintains your muscles. Muscles boost your metabolism, making it easier to eat more or lose weight. Strength training is the wave of the future! Vegetables are the best source of "all natural" vitamins. Colorful veggies such as broccoli, spinach, kale, carrots, sweet potatoes, peppers and tomatoes are powerhouses. The deeper and darker the color, the richer the nutritional value. Water is found not only in water, but also in oranges, soups, yogurt, salads and other watery foods. You are getting enough water if your urine is clear and voluminous, and if you urinate every two to four hours. Dark, smelly urine signifies dehydration. Extra vitamin E may be protective against heart disease and cancer. Because people cannot easily eat enough E via common food choices, a supplement of 200 to 400 IUs per day may be a wise health investment. Yes, you can take time to eat well. Avoid the trap, "I'm too busy and food is fattening, anyway." Food is one of life's pleasures. Zip and zing are the benefits of healthy eating. Eat well and enjoy your high energy, good health and top performances.

Nancy Clark, M.S., R.D., is the nutrition counselor at SportsMedicine Brookline. Her popular books "Nancy Clark's Sports Nutrition Guidebook" (\$18), and "The New York City Marathon Cookbook" (\$23), are filled with "how to" tips and are available by writing to: Sports Nutrition Services 830 Boylston St. #205 Brookline, MA 02167

An interesting note on hydration.

Q. Does the temperature of drinking water matter? It has been said that lukewarm water is absorbed more quickly and that cold water helps burn [calories](#). Is this true?

A. Volume appears to matter more than temperature. A [review of hydration during exercise from the American College of Sports Medicine](#) says that the rate at which fluid leaves the stomach to be absorbed from the intestine into the blood depends on a complex interaction of factors. The biggest factor is sufficient fluid volume in the stomach, the study says, and a big factor in ingesting enough fluid is palatability. Therefore, the study recommends that fluids “be cooler than ambient temperature” — 59 to 72 degrees Fahrenheit — “and flavored to enhance palatability and promote fluid replacement.” A 2006 [study in The Journal of Clinical Endocrinology and Metabolism](#) casts doubt on the idea that cooler water helps burn calories. In the study, done in Switzerland, resting energy expenditure after drinking cooled, distilled water was measured in healthy young volunteers and compared with the results after drinking room-temperature liquids. The study found a very small difference, “well below the theoretical energy cost of warming the water to body temperature,” and the results “cast doubt on water as a thermogenic agent for the management of [obesity](#).”

Suggested Week 6 Training Schedule

Below are suggested workout schedules for the three types of **½ Marathon** runners for this week.

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Weekly Miles
Type of Runner	8/8/11	8/9/11	8/10/11	8/11/11	8/12/11	8/13/11	8/14/11	
1st Timer, Novice Runner	3 Miles Tempo	Rest	3 Miles Easy	2 Miles Easy	Rest	8 Miles Easy	Rest or Cross Train	16
2nd Timer	Strength & 2 Miles Easy	3 Miles Tempo	Rest	4 Miles Easy	Strength & 2 Miles Easy	10 Miles Easy	Rest or Cross Train	21
Experienced ½ Marathoner	Strength & 2 Miles Easy	3 Miles Tempo	Rest	5 Miles Easy	Strength & 2 Miles Easy	11 Miles Easy	Rest or Cross Train	23

Below is my suggested workout schedule for the **5K** runners for this week.

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Type of Runner	8/8/11	8/9/11	8/10/11	8/11/11	8/12/11	8/13/11	8/14/11	Total Weekly Miles
5K Runners	40 min. run at Tempo	Cross Train or 30 min. easy	40 min. run at Tempo or Rest	Cross Train or 30 min. easy	Rest	50 min. run easy	Cross Train	12-14

Experienced and Veteran ½ Marathoners

This week's speed workout is a 6-mile progressively faster Tempo Run.

This workout is a Lactate Threshold run. However, instead of a consistent LT pace for most of the run, the pace will get faster for each successive mile.

Mile 1: Long Run Pace, Warm Up

Mile 2: ½ Marathon Target Pace

Mile 3: Midway between ½ Marathon Target and Lactate Threshold
(20-30 seconds faster per mile than ½ Marathon Target Pace)

Mile 4: Lactate Threshold Pace

Mile 5: 10K Race Pace

Mile 6: Long Run Pace, Cool Down

Enjoy & stay hydrated!

Coach Marc