

2016 YOUR FITTEST YEAR STARTS RIGHT HERE!

# TRAIN FOR HER

**DON'T JUST READ IT, USE IT!**

JANUARY ISSUE / VOLUME 3  
US & CANADIAN EDITION

## 23 FATS THAT CAN GET YOU THIN

HARNESS  
THE  
POWER  
OF GROUP  
FITNESS

## GET BACK IN SHAPE!

MASTER THE  
ONE-ARMED  
PUSH-UP

**25%**  
LESS MUSCLE  
PAIN WITH ONE  
INGREDIENT

IS RUNNING'S  
TALK TEST  
FOR REAL?

- EAT FOR ENERGY ✓
- DROP A SIZE ✓
- TONE ALL OVER ✓
- BEAT STRESS ✓
- GET A FLAT BELLY ✓



**YOUR NEW 2 IN 1 NEW-BODY BIBLE!**





# EAT TO GO THE DISTANCE



**YOUR EXPERT**  
**TARA MARTINE**



Overall women's winner of the 2014 Savannah Rock 'N' Roll Marathon, a registered dietitian and nutritionist specializing in endurance sports who'll help you get more miles from your food.  
Website: [wholeimpactnutrition.com](http://wholeimpactnutrition.com)

Clever food choices, eaten in the right quantities and at key times will make all the difference on race day. Here are the essential nutrition guidelines every runner needs to fuel a winning personal best

## T RAIN YOUR GUT

It's vital to think about what you'll eat on race day a couple months before the event so it's locked into your routine well before the starter's gun.

About eight weeks before your race, figure out which brands and types of sports nutrition products settle best in your stomach. The only way to do this is to experiment. Simulate your race-day nutrition plan during your long runs and aim for 30-60g of carbohydrates, 24-48oz of water and 400-800mg of sodium per hour to keep your legs moving at full pace.

## GO ALL-NATURAL DURING RACE WEEK

During taper week, where endurance athletes cut back their training by 40-60%, the goal is to fully recover from all the hard yards you've put in. Avoid any foods with little nutrition and replenish with those dense in nutrients, like fruits, vegetables, whole grains, beans, legumes, nuts and seeds. Shoot for 70% of your total calories from all-natural high-carbohydrate foods like sweet potatoes, parsnips and pumpkin.

## SHUN THE SCALE

Don't be alarmed if you gain weight during a taper week. For every gram of stored glycogen (energy), the body stores 3g of water, which is used to help convert the stored carbs into energy once you race. So drink plenty of water and relax because you'll be back to your old figures after the race.



## PLAN YOUR FINAL MEAL

Within a month of the race you should have your race-day meal plan completely dialed in by choosing from two macro options: either 1-2g of carbohydrates per 2lb of bodyweight, eaten 1-2 hours before the race; or if you take longer to digest your food then eat 3-4g of carbohydrates per 2lb of bodyweight 3-4 hours before.

Most races are in the morning so practice eating a variety of breakfast foods before your long runs to see how they digest, and avoid high fat foods because fat takes a long time to digest. Good options are bananas, toast, oatmeal, bagels, fruit, cereal, potatoes or rice.





## GET HOT AND COLD WITH HYDRATION

If you normally sip a latte in the mornings, then go for it on race day. Hot tea or coffee often helps clear out your bowels so you won't have to lug around the excess weight. Be sure to hydrate with 1.5-2.5 liters of fluid 2-3 hours before the race so you can get rid of it before the gun but still be fully hydrated.

## WITHIN A MONTH OF THE RACE YOU SHOULD HAVE YOUR RACE-DAY MEAL PLAN COMPLETELY DIALED IN



+ Getting your nutrition on point is vital if you're taking part in an endurance race

## LOAD UP ON NITRATES

Nitrates, found in plant foods like beets, arugula and Swiss chard, are converted into nitric oxide, a potent vasodilator that increases blood flow to the heart and working muscles. A good idea is to drink eight daily fluid ounces of a performance juice like Beet Performer for seven days prior to your race, and another eight fluid ounces the morning of the race to put yourself in the best position to finish strong.

## BE A PLAIN JANE ON RACE DAY

Avoid anything new on race day, even if the delicious smells from the bakery en route to the race is making you weak at the knees. Eat the breakfast you have perfected over the last month at the time that works best for you and you'll run strong.

## SCOFF YOUR PRE-RACE DINNER EARLY

Eat an early high-carbohydrate, low-fat meal to clock enough digestion time. Avoid heartburn foods, meaning anything that's spicy, high in fat, deep-fried and highly acidic, like tomatoes, chocolate or mint. Foods low in fiber, like regular spaghetti, can even help prevent the dreaded runner's trots, intestinal cramping and bloating, so they're wise choices if you want your dignity in tact when you cross the finish line.

## CARB UP 30 MINUTES

To stoke your energy stores to their maximum, you can eat 15-30g of carbs within 30 minutes of the event start in the form of a gel, chews or sports drink. It's the one time those gummy bears are firmly on the menu, without the guilt.

## RUNNING MUST-KNOWS

Tips to ensure you run strong the whole race



**01 ALWAYS CARRY A SPARE PAIR** of shoelaces in your pre-race bag. If you get to the start line, re-adjust your shoelaces and then one snaps, this will be the difference between starting the race five minutes later or not at all.

**02 TAKE A LOO ROLL** in your kit bag to the start area. There's little worse than queuing for the toilet for 30 minutes then discovering there's no loo roll to help out with the pre-race nerves.

**03 TAPE UP YOUR FEET** to avoid blisters. Stick band aids over your nipples, because they'll rub and possibly bleed thanks to the sweating you'll do.

**04 AT THE STARTING LINE**, try to keep off your feet to conserve energy. Take an old shirt, jacket or garbage bag, anything to sit on wherever you can.

**05 NAME EACH** of the final miles after someone you admire. No way will you give up in their patch.