

LAUREN JAWNO'S GUIDE TO NUTRITION BASICS

Healthy nutrition needs to fit with a runner's lifestyle. I always start by looking at what the runner eats, what they don't eat and what they are willing to change.

QUALITY AND QUANTITY

If runners eat processed foods, they're filling themselves up without allowing their body to benefit and recover from good quality ingredients. Even granola bars are processed to some degree. Most runners don't realise that. The quality of food has to improve before the runner is going to see any performance improvements. We work on quality of food before quantity.

DISTANCES AND GOALS

The distance the runner is training for will affect the quantity of food needed. Another factor is whether or not the runner is trying to change her performance or his body composition.

TIMING

And finally we look at when the runner is eating in relation to training. It's more difficult to eat solid food right before running. This isn't the case for a sport with less impact, such as cycling. But it's true for running.

RUNNER MAKEOVER CONTESTANTS

The runner makeover contestants had three different goals for their training, but we found through their food journals that they each had the same nutritional issues – they weren't eating enough fruits, vegetables or protein. Endurance athletes tend to underestimate the importance of protein for repair and for sustained energy. And they weren't hydrated enough either.

FOOD JOURNALS TELL IT LIKE IT IS

Keeping a food journal for a day or a week will give you an honest awareness of what you are actually doing. If you write it down, you will see huge holes in your diet that you didn't know were there.

Runners are particularly good at logging and documenting their training. They'll write how far they ran and how they felt on the run. But they need to be putting as much effort into recording their nutrition. You'll eventually max out with your training. If you can't train more or harder, nutrition will give you that edge. If runners would pay as much attention to their nutrition as they did to their training, they would probably see significant improvements in their training and PBs.

Novice marathoners often ask, "What do I do the day or the week before my big run?" **If you haven't been fuelling your body properly throughout the training season, then you can't just carb-load the day or week before your race and hope for the best.** Every single cell in your body is made from the food you eat and it takes time for this food to be incorporated into the cells and for your body to learn to utilize them efficiently.



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SAMPLE TRAINING DAY

BEFORE A MORNING RUN, EAT:

Healthy, simple carbs that can be easily and quickly digested:

- Half a glass of juice; toast and jam; a banana.
- If you're hypoglycemic, you need to add in a protein.

AFTER A MORNING RUN:

- You have a two-hour window to get the maximum absorption for optimum recovery.
- If your goal is weight loss, wait an hour before eating.
- If your goal is performance, eat immediately after running.



CHOOSE:

VERY GOOD QUALITY CARBS: Ezekiel bread, spelt bread, quinoa, steel-cut oats

PROTEIN: A protein shake made from a whey isolate if you're not vegetarian, yogurt, almond milk with fruit.

QUICK FIXES: Hard-boiled eggs, low-fat ricotta cheese, Greek-style yogurt with fruit.

WATER: Instead of juice.



RECORD WHAT YOU EAT AND HOW YOU FELT IN YOUR FOOD JOURNAL

Then you can learn what the optimal foods for your body and your training are. For the rest of the day, eat good quality small meals every 3-3.5 hours. Include a good source of protein, natural carbohydrates and healthy fats like avocado or flax seed oil at each meal and ideally each snack. Quantities will depend on the distance you're training for and whether you're trying to lose body fat.

WHAT TO DRINK:

Hydration can also make or break your performance and your training. By the time you are thirsty, you're already dehydrated. In athletes, your thirst mechanism is delayed – so you need to get on a regular drinking schedule.

FOOD JOURNALLING SIMPLIFIED

The easier it is to keep track of your food journal, the more likely you are to follow through on this key aspect of your training.

CHECK OUT THESE APPS FOR ONLINE FOOD DIARIES:

MY NET DIARY

Includes access to an online community, calorie counting and water tracking.
mynetdiary.com

FIT DAY

Track your food, exercise, weight and goals.
fitday.com

TWEET WHAT YOU EAT

Because you don't need an iPhone or an iPad to keep an online food journal.
tweetwhatyoueat.com

CLICK
iRun.ca/CONTESTS AND CALLOUTS

Your Food Journal Analyzed. Would you like a nutrition consultation with Lauren Jawno? Keep a one day food journal and send it in, along with the distance you're training for and a short paragraph on why Lauren should choose your food journal editor@irun.ca

Lauren Jawno is registered nutritionist and certified personal trainer, a qualified instructor of health and wellness, a published author and a dynamic public speaker with impact. She specializes in individual and corporate coaching to help you or your company learn fad-free and effective ways to improve diet, fitness and life skills. After successfully guiding our three iRun Makeover participants to better health and optimal training capability through quality nutrition, Lauren takes time to share her nutritional know how with iRunNation. Watch for her forthcoming book *Change4Good* to be published in January 2012. www.jawno.com **Share. Read. Enjoy.**

