# HYDRATION & FUELLING GUIDE FOR ULTRA RUNNERS

## FUEL

1. Make a list of energy-filled snacks that you like and try them out on your long runs

Some great examples are: Energy gels (we like Mountain Fuel Jellies!), Dates stuffed with peanut butter, sweets or flapjacks (Mountain Fuel's Feel Good Bars are a great on-the-go option too!)

You may find jellies/gels an easier option towards the end of your race. As your mileage increases, your desire to eat will go down. Your training runs are the ideal time to find out what works best for you.

My favourite snacks:

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**Top tip!** For your longer runs, remember to include some real food like sandwiches, crisps, jacket potatoes, avocados, rice pudding, pork pies, etc. Alternate savoury and sweet to avoid taste fatigue.

## HYDRATE

2. Make a list of energy drinks that you like and try them out on your long runs

Some great examples are: Electrolyte powders (we like Mountain Fuel Xtreme Energy Fuel!), sports drinks, electrolyte tablets, flat (fat) Coke and fruit juices

My favourite drinks:

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**Top tip!** Mix and match your soft bottle colours. Choose a blue bottle for water and a bright colour for your energy drink.

## GUIDE FOR RACE DAY

**Start** — Pop some electrolyte powder or a tablet in one of your soft bottles and keep the other for plain water.

**During** — Eat regularly! Set your watch or phone to beep and remind you to eat every 30 mins to 1 hour. Rule of thumb - aim to consume 40-50g carbs and 200 kcal per hour.

Aim to drink around 100-200ml of water every 15 minutes. You may need to drink a lot more on hot days. Adding electrolytes will help keep your energy levels up as well as replenish your salt and potassium.

**After** — Eat as soon as possible after you finish, this is one of the best ways to speed up the recovery process. Chocolate or strawberry milk will do nicely - we like Mountain Fuel's ultimate recovery fuel.

Drink - Similarly to calories, you will be dehydrated when you finish. Keep sipping water (with or without electrolytes) over the next 4-6 hours until your pee is "straw" coloured.

**Remember:** Nothing new on race day!