

AN EXPERIENCED RUNNER'S GUIDE TO

# MARATHON TRAINING



**HIGH5** | Great Tasting Sports Nutrition





## COACH

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With over 25 years running experience, Nick is a graduate in Science & Management of Health & Fitness, a UKA level 4 endurance coach, a qualified nutritionist and sports therapy practitioner. Nick is currently an England Athletics flying coach & manages GB squads at events such as the World Half Marathon Championships.

Having coached hundreds of athletes from beginners through to Olympians, Nick is one of Europe's most highly respected coaches.

If you are interested in more personalised coaching, visit [www.runningwithus.com](http://www.runningwithus.com)

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## WELCOME

RunningWithUs provide a wide range of coaching and consultancy services to runners, brands and charities. Having been coaching editors for both Runners World and Men's and Women's Running magazines, RunningWithUs coaches are in high demand as fitness experts and writers. We work with runners of all abilities from total beginners through to established GB internationals.

Running a fast marathon requires an understanding of pace, quality training time, good health and a true belief that you will achieve the target. You will need to run 26 consecutive miles at your target pace. Over the next 16 weeks, this plan gradually builds your fitness to peak on marathon race day. If you remain patient in the early weeks we are sure you will be rewarded.

## HOW SHOULD EACH RUN FEEL?

There are a number of different paces that you should aim to master that will make up your training:

### EASY/RECOVERY RUN:

Fully conversational at the speed of chat and about 6/10 effort

### STEADY RUN:

Conversational, controlled but working at about 7/10 effort

### THRESHOLD RUNNING:

Controlled discomfort, 3-4 word answer pace 8/10 effort

### INTERVAL RUNNING:

5-10k - 9/10 effort and working hard

## EACH RUN PACE IN DETAIL:

The feeling of not being sure how fast you should be running for any particular session is common from beginners to elite international athletes. For beginners, it never feels as though running is easy but we can assure you that running doesn't need to be hard all the time.

At the beginning, all you are trying to do is get out and run. That should be at **easy run** pace or '**the speed of chat**' – if you can't talk as you are running, you're going too fast, simple as that. For the experienced runner, '**the speed of chat**' is how easy and recovery runs should feel – totally in control, relaxed and slow enough to talk.

NB: If you are combining walking and running, the effort level remains the same – you should be able to hold a conversation on both the walking and running segments.

Faster than easy, conversational running is **steady running**. This is the backbone of training for more experienced runners. This is where you must be honest and not push too hard or you might ruin your faster sessions, **so conversation should be possible**, but a little strained.

Incorporating **threshold running** is how the elites train and you can train like this too. This is where you are running at a controlled discomfort level; you can still talk between breaths, **but only 3 or 4 word phrases** – this is not running to exhaustion or sprinting. You may already feel able to include some 3 minute blocks into a run each week which will grow in volume through your training.

**Interval running** and 3k / 5k / 10k pace is top-end training. This is often called the '**hurt locker**' and is used in training to replicate the feeling at the end of a hard race. The effort levels here should be almost at maximum.



## HOW HARD SHOULD I RUN?

Lets make it simple. Your heart and energy stores don't work to miles. They work to effort and time. So lets move away from tradition and work to time and effort. Don't worry about if you ran 10km or not on a run. If you went out to run 60 mins at an easy pace and the run felt easy and controlled, that's all that matters. It was a good run with objective achieved. If it felt hard you were running too fast or are tired for it to be an easy run. We think you can base your effort on perceived exertion. We can also relate this to heart rate. Look at the perceived efforts shown:-

**6/10** – (or 60% max heart rate) – **recovery running**. No more than 30-45 mins at a time with the objective of feeling better at the end, flushing the system through, working totally with oxygen and being able to chat easily at any time.

**7/10** – (or 70% max heart rate) – This is **steady running**. It is probably the average pace of most runs and totally aerobic and conversational. This is only a little harder than recovery running.



**7-8/10** – (or 70-80% max heart rate). This, for the more experienced, is near your marathon pace if you train well and are realistic. This is still conversational but probably only a shorter sentence at a time. Totally controlled but you need to focus and remind yourself in case you drift into a slower zone. This needs to be practiced in your weekly long runs with segments that increase in frequency and time length the nearer you get to marathon race day. See our plans for more info.

**8-8.5/10** – (or 80-85% max heart rate). This is **threshold running** and the most important fitness element in your training. It is the key to better running economy and your best friend when building your aerobic base. You are working aerobically, but only just. Your conversation would be only 3-4 words long. It hurts but you are in control if you remain focused. Lose control and push to hard and this becomes destructive. We recommend this for all levels of runner each week.

**8.5 & more** – (+ 85% effort at max heart rate). This is often in the form of **interval training or races** at or quicker than 10k pace in effort. You will certainly work anaerobically in this zone. This type of training can be destructive and very tough. You will be able to hold little or no conversation and the body takes days to really recover. It can be the icing on the cake near the end of your plan in the last 4-6 weeks before you race. We recommend this training only for the experienced athlete who is already very fit.



## WEEK 1

### MONDAY

30 mins recovery run or cross training and strength & conditioning session

### TUESDAY

**AM:** easy run 30 mins  
**PM:** Progression run, 45 mins total 15 mins easy, 15 mins steady, 15 mins threshold

### WEDNESDAY

45min easy run or aerobic cross training

### THURSDAY

Easy run, 60 mins

### FRIDAY

Rest

### SATURDAY

Continuous hills 4 x 6mins effort with 90s jog recovery

### SUNDAY

Long run, 80 mins total

### NUTRITION TIPS :

Keep well hydrated with **ZERO**, a zero calorie electrolyte drink



### WEEKLY PROGRESS



## WEEK 2

### MONDAY

30 mins recovery run or cross training and strength & conditioning session

### TUESDAY

**AM:** easy run 30 mins  
**PM:** Progression run, 45 mins total 15 mins easy, 15 mins steady, 15 mins threshold

### WEDNESDAY

45min easy run or aerobic cross training

### THURSDAY

Easy run, 60 mins

### FRIDAY

Rest

### SATURDAY

Continuous hills 4 x 6mins effort with 90s jog recovery

### SUNDAY

Long run, 80 mins total

### NUTRITION TIPS :

If you're running after work and struggle with energy for training, have an **EnergyBar** 2 hours before your session



### WEEKLY PROGRESS



## WEEK 3

### MONDAY

30 mins recovery run or cross training and strength & conditioning session

### TUESDAY

**AM:** easy run 30 mins  
**PM:** Threshold run, 5 x 6min threshold with 1min jog recovery

### WEDNESDAY

45min easy run or aerobic cross training

### THURSDAY

**AM:** 30 min recovery run aerobic cross training  
**PM:** Progression run, 45 mins total. 15 mins easy, 15 mins steady, 15 mins threshold

### FRIDAY

Rest

### SATURDAY

Continuous hills, 45 mins total. 5 x 5mins effort with 90s jog recovery

### SUNDAY

Long run, 90 mins total

### NUTRITION TIPS :

For runs longer than 60 minutes, take an **Energy Gel** or **Energy Gel Aqua** with you for an instant energy boost



### WEEKLY PROGRESS



## WEEK 4

### MONDAY

30 mins recovery run or cross training and strength & conditioning session

### TUESDAY

**AM:** easy run 30 mins  
**PM:** Threshold run, 45 mins total. 3x 10mins threshold with 90s jog recovery

### WEDNESDAY

45min easy run or aerobic cross training

### THURSDAY

Progression run, 45 mins total. 15 mins easy, 15 mins steady, 15 mins threshold

### FRIDAY

Rest

### SATURDAY

Continuous hills, 45 mins total. 3x 10mins effort with 90s jog recovery

### SUNDAY

Long run, 75-90 mins total

### NUTRITION TIPS :

After a tough session drink 400ml **Recovery Drink** to repair your muscles



### WEEKLY PROGRESS



## WEEK 5

### MONDAY

30 mins recovery run or cross training and strength & conditioning session

### TUESDAY

**AM:** easy run 30 mins  
**PM:** Threshold run, 60 mins total including 3 x 12 mins @ threshold with a 2 min jog recovery

### WEDNESDAY

45min easy run plus core session

### THURSDAY

**AM:** 30 min recovery run aerobic cross training  
**PM:** Progression run, 60 mins total. 20 mins easy, 20 mins steady, 20 mins threshold

### FRIDAY

Rest

### SATURDAY

Continuous hills, 45 mins total. 3 x 10 mins effort with 90s jog recovery

### SUNDAY

Long run 105 mins total. All relaxed and conversational

### NUTRITION TIPS :

Check out our race day nutrition guide on page 12. Practise this on your long run

### WEEKLY PROGRESS



## WEEK 6

### MONDAY

30 mins recovery run or cross training and strength & conditioning session

### TUESDAY

**AM:** easy run 30 mins  
**PM:** Threshold run with 45-60 mins running containing 25 mins @ threshold effort built in

### WEDNESDAY

45-60 min easy run or aerobic cross training plus core session

### THURSDAY

**AM:** 30 min recovery run aerobic cross training  
**PM:** Mixed pace session - 12 mins @ MP + 6 x 2 mins @ 10k effort + 12 mins @ MP. All with a 2 min jog rec. (MP = marathon target pace)

### FRIDAY

Rest

### SATURDAY

Continuous hill session to contain 6 x 6 mins with a 75-90 sec jog recovery

### SUNDAY

Long run of 2 hours. If you feel good run the last 20-30 min @ target MP. Make the first 90 1 min per mile slower than MP!

### NUTRITION TIPS :

If you're taking gels on your run, use a **gel belt** to carry your gels



### WEEKLY PROGRESS



## WEEK 7

### MONDAY

Rest or 30 min recovery run / cross training

### TUESDAY

**AM:** easy run 30 mins  
**PM:** 45 mins to include 5 x 5 mins @ threshold off 1 min jog recovery

### WEDNESDAY

45 min easy

### THURSDAY

**AM:** 30 min recovery run aerobic cross training  
**PM:** Progression run - 30 mins as 10 easy, 10 steady, 10 threshold

### FRIDAY

Rest

### SATURDAY

30 min recovery run

### SUNDAY

Half marathon race + 30 min easy jog afterwards  
OR 2 hours with the last 60 @ target MP

### NUTRITION TIPS :

During an easier week like this one, focus on good quality meals

### WEEKLY PROGRESS



## WEEK 8

### MONDAY

30 mins recovery run or cross training and strength & conditioning session

### TUESDAY

**AM:** easy run 30 mins  
**PM:** 30-45 min recovery run + conditioning work

### WEDNESDAY

60 mins easy-steady running. Your legs should be feeling better by now!

### THURSDAY

**AM:** 30 min recovery run aerobic cross training  
**PM:** Mixed pace session - 15 mins MP + 5 x 3 mins @ 10k effort + 15 mins @ MP. All with a 2 min jog recovery

### FRIDAY

Rest

### SATURDAY

Continuous hills session with 60 mins to include 3 x 12 mins of continuous hills with 2 min recovery

### SUNDAY

Long run: 2h 15 - 2h30 all easy

### NUTRITION TIPS :

Caffeine can help you focus during a tough training session



### WEEKLY PROGRESS



## WEEK 9

### MONDAY

30–45 mins recovery run or cross training and strength & conditioning session

### TUESDAY

**AM:** easy run 30 mins  
**PM:** Mixed pace session 8 x 800m (or 3 mins) with odd numbers @ threshold effort and even numbers at 5k intensity. All with 90 sec jog recovery

### WEDNESDAY

60 mins easy pace plus core session

### THURSDAY

**AM:** easy run 30 mins  
**PM:** 80 mins with the final 45 mins to include 4 x 6 mins @ threshold with 2–3 mins easy recovery

### FRIDAY

Rest

### SATURDAY

Continuous hills with 60 mins to include 30 mins of continuous hills and no recoveries

### SUNDAY

Long run – 2h30 mins with last 30 @ MP if you feel good

### NUTRITION TIPS :

20 minutes after exercise is the key period for recovery. Have your **Recovery Drink** as soon as you finish your run



### WEEKLY PROGRESS



## WEEK 10

### MONDAY

30–45 mins recovery run or cross training and strength & conditioning session

### TUESDAY

**AM:** easy run 30 mins  
**PM:** Mixed pace session 6 x 800m (or 3 mins) @ 5k effort. All with 75–90 sec jog recovery

### WEDNESDAY

60 mins easy pace plus core session

### THURSDAY

**AM:** easy run 30 mins  
**PM:** 25km progression run: 5km easy, 5km MP, 5km easy, 5km MP, 3km threshold, 2km easy

### FRIDAY

Rest

### SATURDAY

6 x 6 mins @ threshold off 90s jog recovery

### SUNDAY

1hr 45 minutes all easy

### NUTRITION TIPS :

Use your half marathon as a chance to practise your race day nutrition strategy from breakfast to recovery afterwards **NUTRITION TIP:**

### WEEKLY PROGRESS



## WEEK 11

### MONDAY

Rest or 30 min recovery run

### TUESDAY

**AM:** easy run 30 mins  
**PM:** 6 mins threshold + 2 x 6 x 400m or 75 secs @ 5k pace. Take 2–3 mins between threshold and 400's then just 1 min jog recovery between each 400

### WEDNESDAY

45 mins easy pace plus core session

### THURSDAY

30 minute progression run with 10 easy, 10 steady and 10 @ threshold building in effort

### FRIDAY

Rest

### SATURDAY

30 min recovery run + stretching

### SUNDAY

Half marathon fast @ PB effort or 45 mins easy after. If not racing then 2h30 with the last 60 mins @ MP

### NUTRITION TIPS :

"Muscle cramps are associated with dehydration and electrolyte deficits and muscle fatigue" American College of Sports Nutrition

### WEEKLY PROGRESS



## WEEK 12

### MONDAY

30–45 mins recovery run or cross training and strength & conditioning session

### TUESDAY

**AM:** easy run 40 mins  
**PM:** 45 mins running to include 4 x 6 mins threshold to turn the legs over again. Take a 2 min jog recovery between each effort

### WEDNESDAY

60 mins steady

### THURSDAY

**AM:** 30 mins easy recovery run  
**PM:** 90 minutes with the final 45 mins to include 3 x 10 mins @ threshold effort – 2–3 min recovery

### FRIDAY

Rest

### SATURDAY

45 mins relaxed running

### SUNDAY

Key long run – 35km progression run (10km easy, 10km MP, 5km easy, 5km threshold, 2km hard, 3km easy)

### NUTRITION TIPS :

Keep practising your race day nutrition strategy on long runs. You'll find it easier to follow on race day

### WEEKLY PROGRESS



## WEEK 13

### MONDAY

30–45 mins recovery run or cross training and strength & conditioning session

### TUESDAY

**AM:** easy run 40 mins  
**PM:** 3 x 5 mins @ threshold + 4 x 400m or 90 secs @ 5km pace with 60s recovery. Finish with 15–20 mins @ MP

### WEDNESDAY

60 mins steady

### THURSDAY

**AM:** 30 mins easy recovery run  
**PM:** 90 minutes with the final 30 mins @ threshold effort

### FRIDAY

Rest

### SATURDAY

45 mins relaxed running

### SUNDAY

2h45 with the last 45–60 mins @ MP

### NUTRITION TIPS :

Keep practising your race day nutrition strategy on long runs. You'll find it easier to follow on race day



### WEEKLY PROGRESS



## WEEK 14

### MONDAY

Recovery run, 30 mins very relaxed + extra stretching

### TUESDAY

**AM:** easy 30 min rec. run  
**PM:** 5 x 400m (or 90s) @ 5km effort (60s rec) + 2km @ threshold + 5 x 400m (or 90s) @ 5km effort (45s rec) – 2 min recovery between sets

### WEDNESDAY

60 mins steady

### THURSDAY

**AM:** 30 mins easy recovery run  
**PM:** 45 mins to include 4 x 6 mins @ threshold off 90 secs jog rec

### FRIDAY

Rest

### SATURDAY

Interval session with 6 mins @ threshold (2–3 min recovery) + 5 x 3 mins @ 5k pace with 90 seconds recovery

### SUNDAY

Long run: 2h with the final 30 minutes @ MP

### NUTRITION TIPS :

Keep practising your race day nutrition strategy on long runs. You'll find it easier to follow on race day

### WEEKLY PROGRESS



## WEEK 15

### MONDAY

30 min recovery run and conditioning session

### TUESDAY

**AM:** easy 30 min rec. run  
**PM:** 6 mins threshold + 4 x 400m (or 90s) @ 5k pace. Take 2–3 mins between threshold and 400's then just 1 min jog recovery between each 400

### WEDNESDAY

45 min easy run + core

### THURSDAY

30 min progression run with 10 easy, 10 steady and 10 @ threshold

### FRIDAY

Rest

### SATURDAY

5k Park run to sharpen up + 30min easy after

### SUNDAY

60 mins very easy

### NUTRITION TIPS :

You should be feeling good now but don't forget to focus on quality foods inbetween your sessions

### WEEKLY PROGRESS



## WEEK 16

### MONDAY

Rest or 30 min recovery run

### TUESDAY

30 mins to include 3 x 5 mins @ MP with a 2–3 min jog recovery

### WEDNESDAY

30 min recovery run

### THURSDAY

30 min recovery run

### FRIDAY

Rest

### SATURDAY

15 – 20 min light jog + stretch

### SUNDAY

**MARATHON RACE DAY**  
**Good Luck!!**

### NUTRITION TIPS :

Carbo load in the days before the race. Find more on our website.

### WEEKLY PROGRESS





## NOTES FOR BEGINNER PLAN

- Please do a 15 minute warm up and cool down before Threshold, Continuous Hills or Interval sessions .
- If your are feeling OK you may wish to consider a 20-30 minute recovery run in the morning before any of the quality sessions above .
- Always substitute cross training for running if you are injured, very sore or it is not safe to run
- Please add a Core conditioning, Pilates or Yoga classes once or twice a week if you have time.
- Try to stretch every day for at least 10 mins.
- Always eat within 20-30 mins of finishing a run.
- Always train at your target pace, don't compromise or run too hard. Tiredness always catches up and take extra rest if required...



## GLOSSARY

The **Key Elements** for Endurance Running:

**Rest (R)** – To help your body cope with the workload, rest is going to be as important a part of your training schedule as the running. Listen to your body and take heed of any warning signs. If you feel fatigued even before you've run a step, find yourself thinking up excuses not to run or start suffering a series of minor injuries; you probably need more time off. Taking enough rest allows physical and mental recovery and gives your body the time to adapt to your workload.

**Remember:** on rest days, that is exactly what you should be doing!

**Recovery Run (RR)** – Training for endurance requires your body to work harder than it has ever done. To see improvement without breaking down, you'll need some recovery runs. These should be nice and easy and you should feel relaxed. Enjoy the scenery. You should be breathing easily and be capable of holding a conversation throughout the run. This will mean that you are running in the 60–65% range of your Maximum Heart Rate (MHR) and it should be no more than 45 minutes in duration. This allows your body to adapt to the training workload and therefore improve. It also helps with the removal of the waste products, which accumulate in your muscles after harder efforts.



**Threshold Runs (THR)** – After the long endurance runs, tempo runs are probably your most valuable workouts. You will find them slightly uncomfortable and they'll require concentration, but they are well worth the effort. As they're run at a controlled brisk pace, about 80–85% of your MHR, you'll only be capable of uttering a couple of words to your training partners. Tempo/ threshold runs improve your lactate threshold (the speed above which your body struggles to cope with the lactic acid created by burning energy without oxygen), your running efficiency and aerobic capacity (your body's ability to utilise oxygen). All this helps to improve your endurance performance.

**Long Runs (LR)** – Long runs are vital in your plan and key to racing well in long distance races from 5km – marathon. At first, concentrate on increasing the time on your feet rather than worrying about distance. Start off by heading out for at least an hour and run at 65% of MHR (conversational pace). Gradually this will build to 75% of MHR as you start to practice periods of marathon pace (MP) running. These runs improve your muscular endurance and condition your body to burn fat as its primary fuel source. They also prepare you physically and mentally for the task ahead.

**Continuous Hills/Kenyan Hills (CH)** – Hill running develops strength in your muscles and tendons without putting them under the type of stress they are exposed to during faster running. Run up a 5–10% gradient for 45–60 seconds at a steady-threshold effort. Turn immediately at the top and run down the hill at the same effort, then turn at the bottom and repeat without any recovery until the rep time ends. Like a tempo/threshold run, a hill session is time to concentrate, as you should be working at about 80–85% of MHR and be able to utter just a word or two.

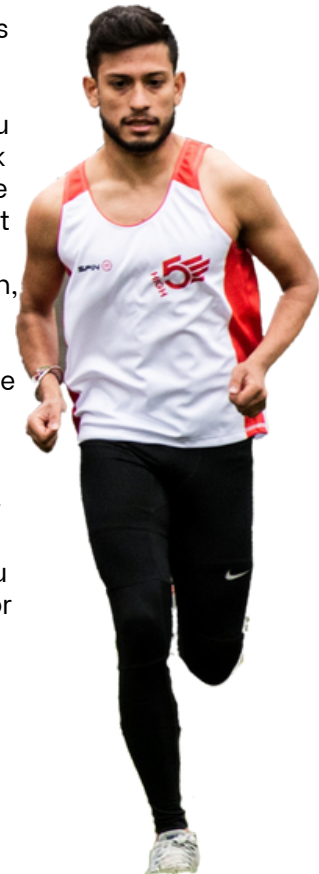
**Fartlek (F)** – This is a Swedish term that literally means “speed play”. It involves a number of bursts of effort over a variety of distances with a variable recovery. Originally the length of effort was based on the terrain, for example, pushing harder every time you came to a climb, no matter how long it was. But you can adapt it for your needs.

**Interval Training (IT)** – Intervals help to boost specific race pace speed and involve running timed efforts with a controlled recovery. The effort level is around 85–100% of MHR, depending on the duration of the event you are training for and the length and volume of intervals used. A typical example might be 6 x 3 minutes @ 5km race pace with a 90 second jog recovery.

**Marathon Pace (MP)** – Understanding the pace you are able to run your marathon is very important. Pace judgment is crucial to running your best marathon. Marathon Pace Practice, at about 75–80% of MHR, allows your body and mind to get used to what will be required on the big day, and builds endurance quickly.

**Warming Up/Warmdown (WU)** – When you are going to do any faster running such as Hills, Threshold Runs, Intervals or a race, it is important to warm up gradually. A 10–15 minute jog lets your muscles warm up and improve their range of movement. It also allows your cardiovascular system to prepare. You should also jog easily for 10–15 mins after any hard work out. This reduces muscle soreness, flushes away lactic build up and will make you feel better over the next few days.

**Cross-Training (XT)** – It is important that your training is balanced with some non-impact activities such as swimming, cycling, rowing, aerobics, etc, otherwise you are more likely to pick up an annoying injury that will set back your training. But more experienced runners should also add cross training to their regime. Endurance running, especially the marathon, requires whole bodyconditioning. To achieve this you should aim to work a variety of muscle groups and not just your legs. Remember, though, that you are a runner, so just be careful not to make the crosstraining, whether it is lifting weights, using an elliptical trainer or practicing Pilates, so intense that you are left too tired for your running.





## HIGH5'S MARATHON ADVANCED NUTRITION GUIDE

**If you're tackling a marathon, you will have trained hard for months to get in great shape and ready to line up at the start of those 42km. One of the critical pieces in the marathon puzzle is your race-day nutrition strategy...**

### THE FUELLING FACTS

During a marathon, more than two thirds of your energy can come from carbohydrate. Unfortunately your body is only able to store a limited amount of carbohydrate and as the miles tick by, you will deplete that store. As your carb levels fall, so does your energy, and you will find it harder to maintain your early pace. You could even hit the dreaded 'wall' – where your carb stores are so depleted that your muscles are forced to rely almost exclusively on fat as fuel. The body finds it hard to convert fat to energy, which makes it tough to keep running at any pace. To ensure you have optimum carbohydrate levels on race day, you should **carbo load** in the days leading up to your event and consume carbohydrate during the Marathon. Visit [www.high5.my](http://www.high5.my) for more information on carbo loading.

### THE FUELLING FACTS

Think of your body's store of carbohydrate as a relatively small fuel tank, that starts emptying as you start running. Your muscles use carbohydrate quickly and can easily deplete that store during a Marathon. If you provide your muscles with carbohydrate by consuming gel as you run, they will take less fuel from your carbohydrate store and it will last longer. The purpose of taking gel during your marathon is to delay the point at which you run out of fuel – until you cross the finish line.

It might seem logical that the more gel you can consume, the better – but take care. You can consume (read swallow) a lot of gel, BUT your body can only absorb a maximum of 60g per hour (up to 75g if the gel contains caffeine). Taking too much gel too quickly can and will cause stomach problems. By contrast, taking just a couple of gels at the 17 mile mark, as some people do, will only provide a short lived energy boost. Taking 2 or 3 gels every hour from the very start of your event is optimum and will mean that by km 27, you should have a large stock of carbohydrate available for a strong finish.

## RACE DAY BREAKFAST:

Breakfast should be light and high in carbs. Cereals, toast and porridge are good options. Drink 500ml of **High5 Energy Drink** for additional carbs and to stay well hydrated. Take a **High5 Energy Bar** with you to eat on the way to your race.

## DURING THE RUN

If you weigh more than 55kg: 15 minutes before the start take two **Energy Gel Caffeine** sachets (with caffeine) and drink 200 to 300ml of water or High5 **ZERO**. If you weigh less than 55kg: 15 minutes before the start take two **Energy Gel** sachets (no caffeine) and drink 200 to 300ml of water or High5 **ZERO**.



**DURING YOUR RUN:** take one **Energy Gel Caffeine** sachet every 30 minutes. Wait until 30 minutes from the start of your race before taking your first sachet. If you are on-course for a long time, only use **Energy Gel Caffeine** for the first 4 1/2 hours of running, then switch to standard **Energy Gel** (without caffeine) for the remainder of your run. Use a Gel Belt to carry your gels.

## AFTER YOU FINISH:

Drink 400ml of **Recovery Drink** as soon as you finish. Drink another 400ml one hour later and eat a balanced meal as soon as possible.

## FLUIDS:

Your fluid needs will depend on how warm the weather is on race day and how much you sweat. Try to drink water or the on-course drink regularly. If you use the on-course drink, take care not to consume too much additional carbohydrate from that drink or you will need to adjust your gel intake. In very hot conditions you may need additional electrolytes.

Individual **ZERO** tabs can be wrapped in Cling Film and carried on your run. Simply put the tab into the on-course water to make a refreshing electrolyte drink. **ZERO** does not contain carbohydrate.

## CAFFEINE NOTE:

If you have any medical condition including high blood pressure, if you are pregnant, breast feeding or under 18 years of age, **do not use caffeine**. If you are sensitive to caffeine and suffer any side effect, such as a higher than expected heart rate, discontinue use immediately. If you do not wish to use caffeine for any reason, simply follow the guidelines using gel without caffeine.



## Product's Benefit :

-  **ENERGY**
-  **SLOW RELEASE ENERGY**
-  **HYDRATION**
-  **RECOVERY**



### ENERGY GEL



Made with natural fruit juice which delivers carbohydrate straight to your muscle during exercise

#### Flavours :

Berry, Citrus, Orange, Banana, Apple, Blackcurrant(New)

**CAFFEINE (30mg):** Raspberry, Orange

#### Recommended usage

Before sport : 10 mins before the start.  
During sport : Every 45-60 mins



### ENERGY GEL AQUA



Water and refreshing natural fruit juices give its extremely light consistency when delivering carbohydrates straight to your muscles during exercise. Unlike many other gels, you don't need to drink extra water with it.

#### Flavours :

Berry, Orange

**CAFFEINE (30mg) :** Citrus, Berry

**CAFFEINE HIT (100mg) :** Tropical

#### Recommended usage

Before sport : 10 mins before the start.  
During sport : Every 45-60 mins



### ENERGY GEL with SLOW RELEASE CARBS



Energy Gel with Slow Release Carbs contains slowly digested carbohydrates for longer-lasting energy. Enhanced with Ocean Minerals for an invigorating hit of magnesium and over 70 minerals and trace elements.

#### Flavours :

Blackcurrant, Orange

#### Recommended usage

Use in the 90-120 minutes before to pre-load your muscles with a steady energy supply. After that switching to fast-release energy products.



### ENERGY BAR



A great tasting, easy to chew bar filled with real fruits and grains to provide you with both simple and complex carbohydrates during exercise or use as a healthy snack as part of an active lifestyle.

#### Flavours :

Berry, Berry Yoghurt, Banana, Caramel, Peanut, Coconut

#### Recommended usage

Take 1 hour before the run as your pre-run meal or during the race for added energy.



### ENERGY BAR with PROTIEN



Energy Bar with Protein is an all-in-one sports bar for use during and after exercise. The scientifically formulated blend of natural carbohydrates and plant-based protein helps you stay energised during exercise as well as promotes growth and recovery of normal muscles.

#### Flavours :

Cacao & Raspberry, Banana & Peanut

#### Recommended usage

Designed to be taken DURING and AFTER exercise and as part of an active lifestyle.



### SLOW RELEASE ENERGY BAR



Slow Release Energy Bar is a low GI energy bar with real fruit and oats for longer-lasting energy. Enhanced with Ocean Minerals for an invigorating hit of magnesium and over 70 minerals and trace elements.

#### Flavours :

Blueberry & Raspberry

#### Recommended usage

Slow Release Energy Bar is designed to be taken BEFORE and DURING exercise.



### ZERO



A refreshing sugar free electrolyte drink with zero calories to prevent cramps, reduces tiredness and fatigue during exercise. With key electrolytes, sodium and magnesium, ZERO gives you what water cant.

#### Flavours :

Blackcurrant (NEW), Strawberry & Kiwi (NEW), Berry, Citrus, Tropical, Pink Grapefruit, Orange & Cherry, Neutral

#### Recommended usage

Recommend one tablet in 750ml water. ZERO is designed to be taken BEFORE, DURING and AFTER exercise and in hot weather.



### ZERO PROTECT



ZERO Protect is a great tasting sugar free, zero calorie immune electrolyte drink with plant extract, and added vitamins to maintain your body's immune system during and after exercise.

#### Flavours :

Orange & Echinacea, Turmeric & Ginger

#### Recommended usage

Recommend one tablet in 500ml water



### ZERO CAFFEINE HIT



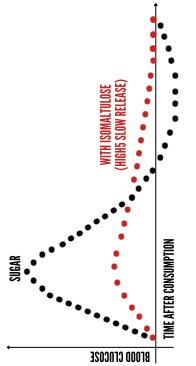
One tablet of ZERO Caffeine Hit contains 75mg of caffeine, about the same amount as in a cup of coffee. When taking part in tough sports events, caffeine contributes to an increase in endurance performance and capacity. That means you can go further than before! It also helps to increase concentration and reaction time.

#### Flavours :

**CAFFEINE (75mg) :** Berry, Pink Grapefruit

#### Recommended usage

Recommend one tablet in 500ml water



**SLOW RELEASE ENERGY**

**Longer lasting fuel for Sport**  
Slow Release Energy Drink contains Isomaltulose, a slowly digested low GI carbohydrate that provides you with a stable and sustained energy supply for longer lasting fuel during sport. This avoids spiking blood sugar levels and the insulin response that comes with other sugar-containing products.



**Champions  
of taste**



**Scientifically  
formulated**



**Tested By  
Pros**



**Over 25 years  
experience**

## Product's Benefit :

- ⚡ ENERGY
- ⌚ SLOW RELEASE ENERGY
- 💧 HYDRATION
- 🔄 RECOVERY



### ENERGY DRINK



Energy Drink is a scientifically formulated carbohydrate and electrolyte solution to help maximize carbohydrate absorption, sustain performance and enhance hydration.

#### Flavours :

Berry, Citrus, Orange, Tropical,

#### Recommended usage

Mix the powder into 500ml of water. Consume before and during sport. Adding ZERO tab to Energy Drink to give you even more of an electrolyte boost during hot weather.



### ENERGY DRINK with CAFFEINE

28mg



Energy Drink Caffeine is a scientifically formulated carbohydrate, caffeine and electrolyte solution to help you sustain your performance and enhance your hydration during endurance exercise.

#### Flavours :

Citrus

#### Recommended usage

Drink with 500ml of water for the maintenance of endurance performance during exercise



### ENERGY DRINK with CAFFEINE HIT 140mg



Energy Drink Caffeine Hit has been formulated with a high dose of caffeine to help you increase your performance during exercise. Caffeine stimulates the brain, lowering your perception of effort and helping you train harder and longer. It contributes to clearer thinking and greater concentration.

#### Flavours :

Citrus

#### Recommended usage

Mix the powder into 500ml of water. Energy Drink Caffeine Hit is intended to be used as a one-time caffeine hit.



### ENERGY DRINK with PROTEIN



Energy Drink with Protein comes in a scientifically formulated 4:1 ratio of carbohydrate to protein. The advanced carbohydrate and electrolyte mix is designed to help you sustain your performance during endurance exercise and aid your recovery of normal muscle function afterwards.

#### Flavours :

Berry

#### Recommended usage

Drink with 500ml of water for the maintenance of endurance performance during exercise



### ENERGY GUMMIES



Pocket sized chewy gummies, bursting in berry flavour and boosting in energy. For when you need it the most.

#### Flavours :

Mixed berry

CAFFEINE : Tropical

#### Recommended usage

Energy Gummies are designed to be taken BEFORE and DURING exercise.



### RECOVERY BAR



HIGH5 Recovery Bar is high in protein for muscle growth & maintenance, helping you adapt and optimise your training gains. With a light texture and great natural taste.

#### Flavours :

Chocolate, Banana & Vanilla

#### Recommended usage

Recovery Bar is designed to be taken AFTER exercise.



### RECOVERY DRINK



A delicious tasting shake for use after exercise. Recovery Drink contains 18g of whey isolate, a top quality source of protein which contributes towards muscle growth and maintenance.

#### Flavours :

Chocolate, Berry, Banana & Vanilla

#### Recommended usage

Consume one serving of Recovery Drink in the first hour after hard exercise. You can also have another one servings later in the day or just before you go to bed.



### SLOW RELEASE ENERGY DRINK



Slow Release Energy Drink is a refreshing low GI Sports Drink for longer-lasting energy. Enhanced with Ocean Minerals for an invigorating hit of magnesium and over 70 minerals and trace elements.

#### Flavours :

Blackcurrant, Lemon

#### Recommended usage

Carbo-loading

Before an event or competition, pre-load your muscles by taking 90-120 minutes before the start. Drink 150-250 ml every 20 minutes during sport.