

What does it take? Psychology

“One thing about racing is that it hurts. You better accept that from the beginning or you’re not going anywhere.” Bob Kennedy from Brad Hudson’s ‘Little Black Book’

- Central Governor Theory**
- Developing a positive and growth focused culture with athletes**
 - Developing a coaching philosophy and principles**

What does it take? Nutrition

- **'Never hungry, never over full' – balance your energy levels & fire your metabolism**
- **Protein rich, carbohydrate clever – running increases body's protein demands. Provides 5% of energy & helps muscle & tissue repair (1-1.5g per kg). Watch the fads and 'clean eating' obsessions.**
- **Variety & quality – learn to use your kitchen most people tend to eat the same foods each day. <5g of sugar per serving? Up the nutrient density but still control weight.**
- **Time your meals to fuel training and aid recovery. Link nutrition to training!**
- **Get the base of your food pyramid right and then look to sports specific products.**
- **Gels & electrolytes and energy drinks & their role in and around races. Practice taking gels on 1.45+ long runs – one after 45-60 mins, one every 30-40 after.**
- **2-3l of fluids a day, electrolytes can help fluid absorption.**

What does it take? Nutrition

Iron – fatigue, anemia or low blood volume. Lean meats, dark poultry, clams oysters, green peas, broccoli + vit C and avoiding caffeine. Get checked.

Vit b12 – aids metabolisation of other nutrients + RBC production. Key for energy. Meats...

Vit D – bone health, Vo2 max, reducing inflammation, immune function – sunlight!

Calcium – vital for bone health. Yogurt, milk + vit C and D.

Vit E – Combats oxidation assisting cellular repair. Almonds, sunflower seeds, hazelnuts.

Magnesium – assist in converting carbs + fat to energy. Kale, leafy green veg, tofu, brown rice.

Zinc – Often deficient in runners as we lose zinc when we sweat. Also plays a role in energy metabolism and immune function. Oysters, clams, liver.

Potassium – healthy functioning of muscles and nerves. Bananas, fruit, nuts and seeds, broccoli, chicken & turkey.

What does it take? Recovery

- **Develop recovery profile & recovery strategies in partnership with athletes**
- **Blood Testing & heart rate variability**
- **Sleep strategies**
- **Cut back weeks & rest phases**
- **Regeneration runs**
- **Adapt around work & family life stress**
- **Use XT as a tool**
- **Stretching, massage & physio MOTs**

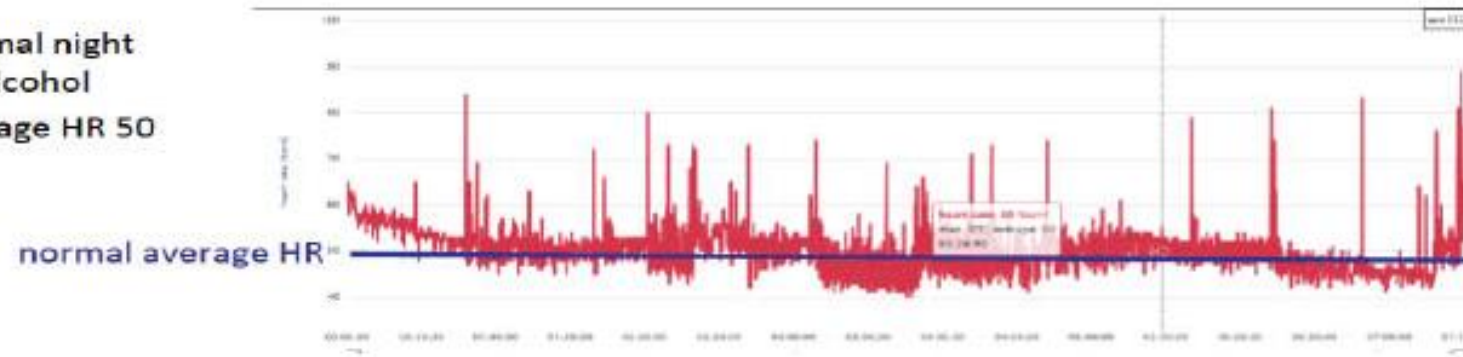


What does it take? Recovery



What does it take? Recovery

- Normal night no alcohol
- average HR 50



- Alcohol consumption
- average HR 65



What does it take? Recovery

- Good perceived quality sleep
- No. of upper body movements: 13



- Average perceived quality sleep
- No. of upper body movements: 24

