

Head vs Heart vs Stomach The Ultimate Showdown!

Our number one tip (if you're not in the mood to read on) is just eat what you normally would ... but leave two hours clear before your run after breakfast.

For many a 10k is the first running step into an endurance event, so the opportunity for mistakes and panic eating is a plenty!

But it's not just limited to those new to running, many of us who have raced for many years whether that's a local club runner or international athlete will have the world of logic turned upside down ahead of an event and we can literally convince ourselves of anything.

Whether it's eating our own body weight in carbs the night before, drinking 14 litres of coffee or ploughing energy gels in like they're a pack of salty based "popped" formed potato snacks. It's a bizarre world of Head vs Heart vs Stomach!

Making sure you let your logical side take over pre-race and have a plan in the few days leading up and on race day. But for now let's talk about race day!



What should I eat before my 10K?

Our main focus should be to run the race feeling as comfortable as possible, nerves will be a plenty so toilet trips etc should be expected, therefore avoid eating "new things" on race day. Make sure you've tried them out at say a weekly park run or training run.

"That's some quality H2O" Hydration starts the day before and yup your urine is a good guide, it should be straw-coloured! Aim for 2-3 litres of water and avoid alcohol and lots of caffeine / fizzy drinks etc, which can cause dehydration and will reduce your muscle glycogen stores (that means less energy)

“Feed me Pizza and tell me I’m a good runner” A carbohydrate-based evening meal is a good bet but don’t go overboard. This could be pasta, rice, potato or cereal based. Protein is ok to include, but avoid anything too high in fat such as cheese sauces, pastry, and cream which can sit heavy. Avoid anything extreme and watch the volume, don’t over eat... just a normal size tea (or dinner depending on your location ☺)

“Up and at em!” Breakfast should be around 2-3 hours before race start. We actually recommend getting out first thing for a very light jog or walk for 10 minutes pre breakfast, this is a great way to help glycogen absorption and get everything moving. This should be back to the carbs. Cereal, porridge and jam/honey, toast and jam, or cereal bars with yogurt and fruit. This all tops up your glycogen levels and gets you ready to race.... But again not a huge breakfast, you’ve got plenty of energy stored from the night before.

“Hydrate, Hydrate, Hydrate” Drink 500-750ml of fluid from waking to the start of the race. Drop in an electrolyte tab to top up your sodium levels and help retain the fluid!

“Scream if you wanna go faster If you’ve been around the running block a bit and are looking to “race” the event then think about taking caffeine before your run.... And by us just saying this we already many of you are now at risk at overloading caffeine. Humans are funny things, we can ignore everything but if we say caffeine make you go faster then the heart takes over, but often the stomach wins (or loses!!!) Some people are pretty sensitive to caffeine than others, so if you’ve never used caffeine or drink tea/coffee now is not the time to try! Make sure you’ve tested anything like caffeine shots/expressos etc in training. 1 ½ cups of “good coffee” before a race will give you about the right dose (it’s 150 mg) or 2 cups of instant coffee.

