



# Nutrition & training

## ADVANCED GUIDE

Brought to you by

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**JOCK**  
ATHLETIC

HOW TO PREPARE FOR  
**The May 50K**

**THE MAY 50K**

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## Who is this for?

This nutrition and training guide has been created to assist intermediate to advanced runners in reaching their goals for The May 50K challenge. This guide is for intermediate and experienced runners of all ages who are planning on running The May 50K. The guide provides nutritional tips for training and recovery, a one month training schedule from the coaches at Jock Athletic, and warm up/down stretches to support your recovery.

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## Contributors

This guide is brought to you by Nuzest, the official nutrition partner for Kiss Goodbye to MS. Training tips prepared by Jock Athletic and nutrition tips by Lauren Parchi (BHS Nutritional Medicine).

# Nutrition tips

Nutrition plays a vital role in our physical health. To support your training regime, here are our top tips to ensure your body is getting the appropriate macro-and-micronutrients for optimal performance.

## Stay hydrated!

The Recommended Dietary intake (RDI) of water is 2.6L/day for men and 2.1L/day for women however, higher levels of exercise increase our water requirements<sup>1</sup>. For every hour of exercise, consume an additional 0.8L of water<sup>3</sup>. It is also important to hydrate at least 4 hours before exercise, during and after exercise to replenish the fluids lost<sup>2</sup>. Consuming foods and beverages that contain sodium and potassium help to maintain the fluid and electrolyte balance during exercise<sup>2</sup>. Try snacking on salted foods, avocados, bananas and citrus fruits after training.

## Pre-training

Carbohydrates provide an important source of fuel for the body. 90 minutes before training, consume a carbohydrate rich snack or small meal. This may include 1 banana, 2 brown rice crackers with hummus or 1-piece wholemeal toast with peanut butter.

## Refuel!

The recommended protein intake to promote muscle recovery and repair is 1.2g of protein per kg of body weight per day<sup>4</sup>. Two scoops of Nuzest Clean Lean Protein provides between 18g and 21g of quality, plant-sourced protein.

## Did you know?

Increased levels of exercise can result in the increased need of key micronutrients such as iron<sup>3</sup>. Examples of iron rich foods include spinach, wholegrain cereals, fish, poultry and legumes.

## Nutrients for Energy

B vitamins and magnesium play a key role in energy production. Make sure you include foods that are rich in these nutrients such as meat, fish, poultry, eggs, legumes and nuts. Additionally, 1 serving of Nuzest's Good Green Vitality provides you with the full spectrum of B vitamins along with 100mg of magnesium.

## Rest and Recover

Hydration and nutrition are both essential to a good training regime, however we cannot underestimate the importance of sleep. Aim to get at least 8 hours of sleep at night to maximise exercise recovery<sup>5</sup>.



## Savoury Veggie Muffins

Ingredients- Makes 12 Muffins

- 6 eggs
- 250g baby spinach
- 1 ½ cups chopped cherry tomatoes
- ¼ cup grated cheddar cheese
- ½ a bunch fresh basil, chopped
- Salt and pepper to taste

### Method

1. Preheat oven to 180°C fan forced.
2. Lightly coat a 12-pan muffin tray with non-stick oil spray.
3. Whisk the eggs together in a large bowl.
4. Add the chopped basil, cherry tomatoes and baby spinach. Mix well and season to taste.
5. Bake for 20-25 minutes.
6. Remove from the oven and cool slightly.  
Store in an airtight container in the refrigerator for up to 4 days.



## Chocolate Baked Oats

Ingredients- Serves 1

- 1 serve (25g) Rich Chocolate Clean Lean Protein
- 1 cup of rolled oats
- 1 egg
- 2tsp baking powder
- ¼ cup apple sauce
- ¼ cup of milk of choice

### Optional toppings

- Berries
- Chocolate chips

### Method

1. Pre-heat the oven to 180°C fan forced.
2. Place all ingredients into a bowl and mix until combined.
3. Pour the mixture into two oven proof bowls and bake for 20-25 minutes.
4. Remove from the oven and finish with toppings of your choice.

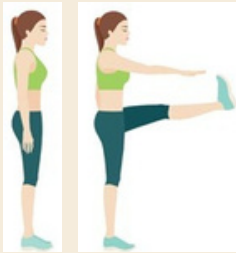
# Training tips

Here's the process:

- Start by testing your existing fitness levels with a time trial to measure the time it takes you to achieve a certain distance.
- Follow the one-month sample training program provided on page 8.
- Aim to improve your 5km time by 30-60 seconds.
- Interval sessions: 9-10/10 or 90-100% effort.
- Tempo sessions: 8-9/10 or 80-90% effort.
- Jog: 60% effort – to ensure we're recovering properly.
- At the end of the month, you'll retest where you're at with a time trial to see the progress you've made. Give your maximum effort during this trial.
- During the month, we will look after our bodies by incorporating active and dynamic stretching routines into the warmup before each session.
- Flexibility and posture will be maintained with a cool-down and stretch down after each session.
- Make sure you have one full day off per week. In between training days, you can do an easy 20 minute walk.

# Stretching routine

Warm up: 5 minute jog + mobility routine



**Leg swings**  
x 10 each direction



**Back rotations**  
x 10 each side



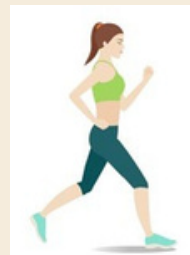
**Neural glides**  
x 10 each side



**Calf pumps**  
x 10 each side

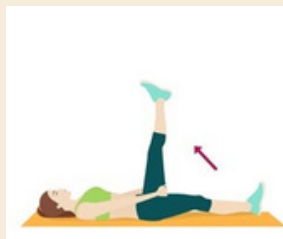


**Goannas**  
x 10 each side



**Run throughs**  
4 x 50m run throughs  
(60%, 70%, 80% and 90-100%)

Cool down: 5 minute easy jog + Static stretching routine



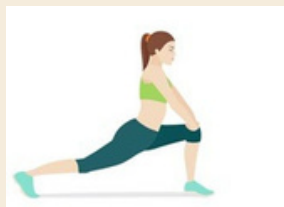
**Hamstring**  
Hold for 30 seconds



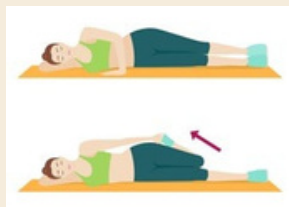
**Lower back**  
Hold for 30 seconds



**Glutes**  
Hold for 30 seconds



**Hip flexors**  
Hold for 30 seconds



**Quads**  
Hold for 30 seconds



**Calves**  
Hold for 30 seconds

# Sample training schedule

Long run (60%-optional) <sup>1</sup>	Day off <sup>2</sup>	Long intervals (80-90%) <sup>3</sup>	Recovery day (50-60%) <sup>4</sup>	Distance run (60-70%) <sup>5</sup>	Recovery day (50-60%) <sup>6</sup>	Tempo session (80-90%) <sup>7</sup>
5km Run Time Trial - initial test	Day off	4 x 1km intervals with 2 minutes rest between intervals	Optional 20 min walk/jog	5km	Optional 20 min walk/jog	3 x 8 minute efforts with 3 minutes rest recovery between each effort
8	9	10	1 1	12	13	14
5km jog	Day off	5 x 1km intervals with 2 mins recovery between intervals	Optional 20 min walk/jog	6km run	Optional 20 min walk/jog	3 x 8 minute efforts with 3 minutes rest recovery between each effort
15	16	17	18	19	20	21
6km jog	Day off	5 x 1km reps with 2 minutes recovery between intervals	Optional 20 min walk/jog	6km run	Optional 20 min walk/jog	3 x 9 minute efforts with 3 minutes rest recovery between each effort
22	23	24	25	26	27	28
7km jog	Day off	1 x 2km time trial, 1 x 1km time trial	Optional 20 min walk/jog	4km run	Optional 20 min walk/jog	2 x 10 minute efforts with 3 minutes rest recovery between each effort
29	30	31				
4km jog	Day off	5km Run Time Trial - retest				

# Reference list

1. **Nutrient Reference Values**, (2014). Water. Retrieved from <https://www.nrv.gov.au/nutrients/water>
2. Exercise and Fluid Replacement, **Medicine & Science in Sports & Exercise**: February 2007 - Volume 39 - Issue 2 - p377-390 doi: 10.1249/mss.0b013e31802ca597
3. Nutrition and Athletic Performance, **Medicine & Science in Sports & Exercise**: March 2016 - Volume 48 - Issue 3 - p543-568 doi: 10.1249/MSS.0000000000000852
4. **Nutrient Reference Values**, (2014). Protein. Retrieved from <https://www.nrv.gov.au/nutrients/protein>
5. **Vitale, K. C., Owens, R., Hopkins, S. R., & Malhotra, A.** (2019). Sleep Hygiene for Optimizing Recovery in Athletes: Review and Recommendations. *International journal of sports medicine*, 40(8), 535–543. <https://doi.org/10.1055/a-0905-3103>





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