

A woman with dark hair in a ponytail, wearing a light blue sleeveless top and dark blue leggings, is running on a wooden boardwalk. The background shows a coastal landscape with greenery and the ocean under a clear sky.

# Nutrition & training

## BEGINNER'S GUIDE

Brought to you by

*nuzest*<sup>®</sup>

**JOCK**  
ATHLETIC

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

**THE MAY 50K**

## Disclaimer

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## Who is this for?

This nutrition and training guide has been created to assist beginner level participants in reaching 50km of exercise in their The May 50K challenge. This guide is for walkers of all ages and abilities, those beginning their exercise journey or those who don't feel up to running. The guide provides simple nutrition tips that will support your body during the month of training as well as clear training tips and stretches to encourage success.

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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 promoting physical health. Here are our top 5 tips to ensure your body is getting what it needs to support daily exercise.

## 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>2</sup>. If you struggle to consume enough water, try adding fresh mint or orange slices to a large water bottle.

## 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.

## Protein

The RDI for protein is 46g/day for women and 64g/day for men<sup>3</sup>. During periods of exercise, it is important to make sure you are consuming adequate amounts of protein. Examples include eggs, salmon, turkey, chicken, tofu and legumes. 2 scoops of Nuzest's Clean Lean Protein provides between 18g and 21g of protein.

## Did you know?

Increased levels of exercise can result in the increased need of key micronutrients such as iron<sup>4</sup>. Make sure you include iron rich foods such as spinach, wholegrain cereals, fish, poultry and legumes.

## Rest and Recover

Hydration and nutrition are both essential to physical health, 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>.

## Protein Mac 'n' Cheeze

### Ingredients- Serves 2

- 1 cup macaroni (or gluten free pasta alternative)
- 2 ½ cups unsweetened plant-based milk
- 1 serve (25g) of Just Natural Clean Lean Protein
- 2-3 tbsp nutritional yeast
- 1 tbsp onion powder
- 1 tsp dried dill
- 1 tbsp white miso paste
- 1 tbsp tamari
- ½ tsp turmeric powder
- ½ tsp ground paprika
- Salt and pepper

### Method

1. Cook your pasta as per packet instructions.
2. In a separate medium-sized pot, stir your soymilk over a low heat slowly whisking in the nutritional yeast, onion powder, dill, white miso paste, tamari, ground paprika, turmeric, salt and pepper.
3. Once combined, slowly add the protein and whisk continuously to ensure the mixture doesn't get clumpy.
4. Whisk over a low heat for a further 2 minutes until combined and smooth – do not let it boil!
5. Once the pasta is cooked, drain and pour your pasta into the pot of cheese sauce and mix until combined. Allow the pasta to sit over a low heat for a further 2 minutes to allow the sauce to thicken further.
6. Serve with a grating of plant-based parmesan and some paprika, or fresh cracked pepper and chopped parsley.



## High Protein Chia Seed Pudding

### Ingredients- Serves 2

- ¼ cup chia seeds
- 1 cup milk of choice
- 1/3 cup Greek yogurt
- 1-2 tbsp maple syrup
- 1 tsp vanilla extract
- 1 tsp cinnamon

### Optional toppings

- Banana
- Greek yoghurt
- Granola or toasted muesli of your choice

### Method

1. Place the chia seeds, milk, Greek yogurt, maple syrup, cinnamon and vanilla extract into a bowl and whisk together until combined.
2. Place the bowl into the fridge for 20 minutes or until the chia seeds absorb the liquid and the mixture thickens. You can also do this the night before and leave it in the fridge to set overnight.
3. Divide the chia seeds into two portions. You can layer the chia seeds mixture with extra Greek yogurt, granola and fruit.

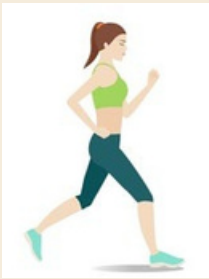
# Training tips

If you're new to exercise, or a goal of 50km in a month sounds daunting, these tips are designed to gradually increase your cardiovascular fitness and endurance.

- One month in the lead up to The May 50K, aim to walk 1km a day.
- As you become accustomed to this length, begin to increase your distance by walking 2km every 2nd day.
- Continue to gradually increase your walking distance by 1km.
- Build strength by incorporating some uphill terrain, or simply take the stairs instead of the escalator.
- During the month, look after your body by incorporating active and dynamic stretching routines before each walking session.
- Flexibility and posture will be maintained with a cool-down and stretch down after each walking session.
- Make sure you have one full day off exercising per week.

# Stretching routine

Warm up: 5 minute walk + gentle mobility routine



**5 minute walk**



**Leg swings**  
x 10 each direction



**Back rotations**  
x 10 each side



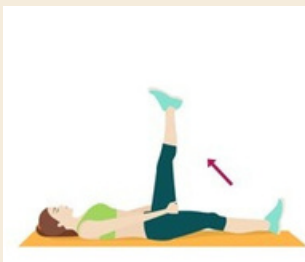
**Calf pumps**  
x 10 each side



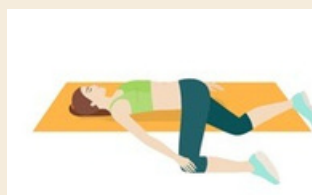
**Cat / Cows**  
x 10 each

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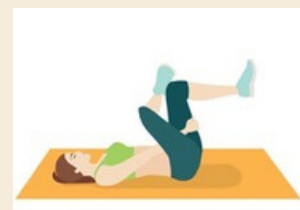
Cool down: Static stretching routine



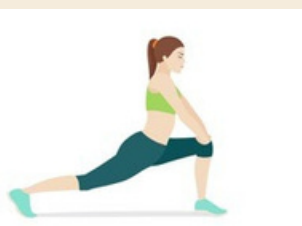
**Hamstring**  
Hold for 30 seconds



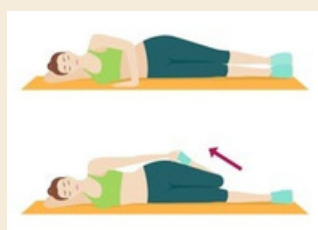
**Lower back**  
Hold for 30 seconds



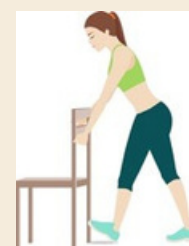
**Glutes**  
Hold for 30 seconds



**Hip flexors**  
Hold for 30 seconds



**Quads**  
Hold for 30 seconds



**Calves**  
Hold for 30 seconds

# 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 - Issues 2 - p 377-390 doi: 10.1249/mss.0b013e31802ca597
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4. Nutrition and Athletic Performance, **Medicine & Science in Sports & Exercise**: March 2016 - Volume 48 - Issue 3 - p543-568 doi: 10.1249/MSS.0000000000000852
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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