

NUTRITION & TRAINING BEGINNER GUIDE

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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 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.

CONTRIBUTORS

This guide is brought to you by Nuzest. 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 women¹. 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 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 men². 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 Clean Lean Protein provides between 18g and 21g of protein. Check out our high protein smoothie recipe below!

Did you know?

Increased levels of exercise can result in the increased need of key micronutrients such as iron³. 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 recovery⁴.

HIGH PROTEIN VANILLA SMOOTHIE

This smoothie is perfect post-training as it contains 20g of protein!

Ingredients - Serves 1

- 1 banana
- Handful of spinach
- ¼ cup rolled oats
- 2 scoops **Smooth Vanilla Clean Lean Protein**
- 1 tbsp peanut butter
- 250ml coconut water

Method

Simply add all the ingredients to a blender and blitz until smooth!



HIGH PROTEIN BREAKFAST TOAST

Ingredients - Serves 1

- 1 slice high protein, wholemeal bread
- 1 tbsp natural peanut butter
- 1 medium banana
- 1 tsp chia seeds

Method

1. Toast your bread and spread the peanut butter evenly over the surface.
2. Slice the banana and arrange the pieces on top of the peanut butter.
3. Top with chia seeds.

Did you know?

Chia seeds are an excellent source of plant-based protein. One 28g serve contains 4.7g of protein!⁵

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 escalators.
- 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

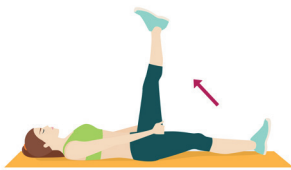


Calf pumps
x 10 each side



Cat / Cows
x 10 each

COOL DOWN



Hamstring
Hold for 30 seconds



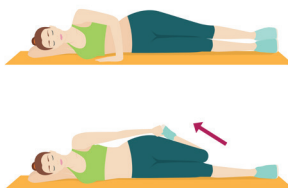
Hold for 30 seconds



Glutes
Hold for 30 seconds



Hip flexors
Hold for 30 seconds



Quads
Hold for 30 seconds





Calves
Hold for 30 seconds

REFERENCE LIST

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