

ENERGY SUPPLEMENTS AND HYDRATION



As you start to run longer distances it can be easy to overlook the extra strain this can put on your body as you burn more calories and lose fluids and salts through perspiration. This is where energy supplements and hydration become important considerations

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ENERGY SUPPLEMENTS

Energy supplements are dietary supplements designed to provide energy to athletes and runners during exercise. These supplements can come in various forms such as gels, chews, powders, and drinks. Some of the most common energy supplements used by runners include:

- **Carbohydrate-based supplements:**

Carbohydrates are the primary source of energy for the body during exercise. Carbohydrate-based supplements such as gels, chews, and sports drinks can help replenish glycogen stores and provide energy during prolonged exercise.

- **Caffeine:**

Caffeine is a stimulant that can improve focus, reduce fatigue, and enhance endurance. Caffeine is often found in energy drinks and pre-workout supplements.

- **BCAAs:**

Branched-chain amino acids (BCAAs) are essential amino acids that help reduce muscle damage and improve endurance. BCAAs are often found in energy drinks and pre-workout supplements.

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HYDRATION

Hydration is essential for runners as it helps maintain body temperature, regulate heart rate, and prevent dehydration. Dehydration can lead to fatigue, muscle cramps, and other health issues. Here are some tips for staying hydrated during exercise:

- Drink water before, during, and after exercise, this can help maintain hydration levels.
- Use sports specific drinks. Sports drinks contain electrolytes such as sodium, potassium, and magnesium that help maintain hydration levels and replenish lost fluids and minerals.
- Monitor urine colour. This can help determine hydration levels, dark urine may indicate dehydration, while light-coloured urine indicates adequate hydration.
- Drink regularly. Drinking small amounts of fluid at regular intervals during exercise can help maintain hydration levels and prevent dehydration.

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Energy supplements and hydration are essential for runners to maintain endurance and prevent fatigue, especially if you are running long distances over 10k. It is essential to choose the right energy supplement and hydrate regularly during exercise to avoid health issues. There are a lot of proprietary energy supplements on the market and it is a good idea to try different ones to see which suit you best and to do this before relying on them for a race.