

# Fuel the fire

*Nutrition is integral in any good marathon plan. Feed your passion with these key tips*

Once you've got your marathon training program in place and updated your kit bag with Adidas by Stella McCartney's hi-tech SS16 collection, it's time to consider your diet. Normal nutrition rules don't apply when you're in training for a marathon. Putting your body on the line and succeeding means choosing the right fuel to keep you going, while also encouraging a fast recovery. Start a diet plan a few weeks before race day to ensure you're eating the right foods at the right times.

For long-distance running, carbohydrates play a central role, releasing glycogen and protein to give you the burst of energy you need to avoid 'hitting the wall'. Opt for complex carbs (think oatmeal



and wholegrains), lean proteins, and plenty of antioxidant- and vitamin-rich snacks such as nuts, berries and green vegetables. Finally, staying hydrated is crucial to take you over the finish line, so be sure to drink plenty of water supplemented with electrolyte-packed sports drinks on the day.

## TOP PICKS



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### INNER STRENGTH

A healthy diet is vital to ensure you feel your best on race day

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