

## HYDRATION, NUTRITION, INJURY PREVENTION, HOT WEATHER RUNNING FAQ

*Thank you the team at Jupiter Medical Center including Benjamin Klein Outpatient Rehabilitation Operations Manager, and Cyndi Drake for answering these questions submitted by participants in the 2020 virtual Palm Beaches Marathon presented by Jupiter Medical Center Foundation.*

### **How often should a runner drink water when running?**

Drink water in small doses during a long run - 4-6 oz, no more often than every 20 minutes (12 min on a hot day).

Hydration is important, we all know that. But in the weeks leading up to a marathon, it's just as important to hydrate when you aren't training. Fluids regulate your body temperature, flush out damaged cells and ensure that your joints are adequately lubricated. When you're actually hitting the road, a good rule of thumb is to drink 3-4 sips of fluid for every 15-20 minutes you're running, or to drink to thirst. Every body is different, but as a guideline you shouldn't exceed 600ml of water per hour running.

### **I've heard you can drink TOO MUCH while running. Is this true for us in humid South Florida?**

When you drink too much water before, during or after exercise, your blood sodium concentration falls below normal. This overwhelms your kidneys, which can't remove the excess water. Cells start to absorb the water, leading to swelling in the body and a condition known as Exercise-Associated Hyponatremia (EAH). The symptoms of EAH can be mild (dizziness, nausea) to more dangerous (headache, vomiting, confusion, seizure) and can be life-threatening. The biggest risk factor for EAH is consuming too much fluid (water or sports drinks) for a sustained period in relation to your sweat and urine loss.

### **Is Gatorade on race day giving me enough energy for the race?**

Proper hydration is necessary before, during and after an intense workout. While plain water is an effective way of hydrating your body before activity, a sports drink can provide you with a needed energy and performance boost during a longer workout. Sports drinks can add much needed carbohydrates, electrolytes/sodium, magnesium, potassium, calcium and other minerals.

### **How to prevent cramping?**

- Stay hydrated.
- Replenish with electrolytes.
- Stretch before you run.
- Don't eat directly before a run.
- During your training, keep track of what you eat and see how it affects you.
- Pace yourself.
- Monitor your breathing.

### **What to do if you hit the “wall”?**

Whether you’ve experienced it yourself in a marathon or are training for your very first 26.2, there’s no doubt you’re aware of “the wall”, that intimidating barrier that blocks you from running as hard as you want in the later stages of the race. Not everyone who runs a marathon will hit “the wall.” There are many factors that contribute to this phenomenon, and some are within your control while some may not be.

For more information, please refer to the link below for detailed information about “the wall” from Runners World: <https://www.runnersworld.com/training/a20854502/understanding-why-you-hit-the-wall/>

### **Stretching – how important is stretching? Before or after the run or in between?**

Before you run, warming up with dynamic stretching for 10 to 15 minutes is beneficial. These moves improve range of motion and loosen up muscles that you’re going to use on the road. They also increase heart rate, body temperature, and blood flow so you feel warmed up sooner and run more efficiently.

It’s important to stretch after a run. If you have an area that still feels tight, the calves, hamstrings, hip flexors, IT bands, and quads tend to be tight after running, a quick cooldown stretching routine may be in order.

Whether you’re doing static or dynamic stretches, they should give you the feeling of slight discomfort in the muscle, however, do not stretch to the point that you feel a sensation that is painful, sharp, or intense. If you do, be sure to back off.

### **I ran in these same shoes for my training, is it ok to use them in the race?**

Depending on the durability, wear, and quality of the shoe, it should be safe to use the same shoe for your race. If the shoe is worn out, has excessive wear or is damaged, it is best to have a second pair of shoes that you have already broken in and run in prior to the race. You should not use a brand new pair of shoes that you have not worn before on race day.

### **What type of socks work best, I see thick and thin options available?**

Avoid cotton at all costs. On hot or wet days you’ll find cotton absorbs an incredible amount of water and easily causes blisters. Merino wool, on the other hand, is a fiber you can wear year-round thanks to its ability to regulate temperature, move moisture, and resist odors. You’ll find it used in many pairs of performance socks. Most, however, use a mix of synthetic fabrics (nylon, polyester, and spandex) which offers good value and durability, and prevents irritation.

Please refer to link below for best socks as rated by Runners World

<https://www.runnersworld.com/gear/a20809978/the-best-socks-for-runners/>

### **Is it ok to walk?**

Of course, it is ok to walk. When our bodies need a rest from running, take a walking period to recover. Many people utilize the run-walk-run method for the completion of a distance event. Here is a link for the Galloway method if you would like more information about this method. <http://www.jeffgalloway.com/>

### **What if I have to use the bathroom?**

When nature calls, please utilize the restroom!! Typically, race organizers have facilities set up along the course for participants to utilize. Since this is a virtual race, we recommend choosing a route that will allow you to have restrooms available.

### **When should you be using nutrition / how often?**

While you're running, you should also be keeping an eye on your energy intake. Your goal is to maintain a barrier against glycogen depletion, to ensure you have the carbohydrates and liquids you need to get through the race. Sports drinks, energy gels and snacks like jelly beans are good choices, but how much you need depends on your body weight and pace, as well as the heat and humidity, and your sweat rate.

Make sure that you are staying ahead of dehydration or feelings of exhaustion. The more distressed your body becomes, the more difficult it is for your digestive system to process the fluids and energy you take in. Split the marathon course into 13 chunks of two miles, and aim for 300ml of water and a small, edible energy boost in each.

Prior to water stations is a good time to consume gels and nutrition followed by a couple sips of water to wash them down.

### **What do I eat before I run & how soon before?**

Do not overload on food the night before. You need the glycogen from carbohydrates, but you don't need to feel bloated on race morning. Instead, eat a normal-sized dinner on the evening of your race based around carb-rich ingredients and eat it early. Your other key priority is to ensure you drink plenty of liquids throughout the day before your race, to keep your body at a healthy hydration level.

Breakfast on race day should be eaten 3-4 hours before the start of the race. Breakfast is the foundation for your endurance and power during the race. Aim for roughly 3 grams of carbohydrates per kilogram of your body weight and don't be afraid to add a cup of coffee if you normally have one.

### **What do I do if I get a side stitch?**

If you are running, take a break or slow down to a walk. Breathe deeply and exhale slowly. Stretch your abdominal muscles by reaching overhead. A side stitch will usually resolve on its own within in a few minutes or after you stop running. If you side stitch does not go away after several hours you may need to seek medical care.

### **My legs feel ok after a long run, but my feet are very tender when I wake up the next day. Is this correct?**

Every runner is different, and what is tight, weak, or sore in one person will be very different for another person. That means the best remedies will be different, too.

There are plenty of options to assist with this feeling such as compression socks, foot inserts, toe spacers, warm Epsom salt soaks, or wearing sneakers that are one size too big to accommodate the extra swelling. It's important to listen to your own body and address the areas that are causing you pain or discomfort.

Sometimes you may need to enlist outside help. If your pain is affecting your ability to walk or run, stop running and schedule an appointment with your doctor or a physical therapist. Remember that these tricks and tools aren't one-size-fits-all solutions.

Page 4

### **Can I run through a nauseous feeling on a hot day?**

Nausea can be caused by many things during a run.: overextending yourself, eating a meal too close to the run, dehydration, hot and humid weather, or as a reaction to your recently consumed gel or energy drink.

If you feel nauseous, sip some water very slowly, in case you are dehydrated. If heat is a likely culprit, make sure you get into an air-conditioned space as soon as possible to cool off. Whatever the suspected cause may be, don't force yourself to continue running. Just rest. If you're still feeling sick or throwing up after several hours, you should consult a healthcare professional.

*Happy Running!*