

# Nutritional Tips *from* Susie Burrell

**THE  
BLOODY  
LONG  
WALK**  
**A 35km Challenge  
to Cure Mito**

**Congratulations for signing up for The Bloody Long Walk! This is one of my favourite events both for what it represents and because it is a challenging event for which training is required, and the more training we all do, the better!**

**For individuals who are just starting out whether it is in the gym, pounding the pavement or via a few long weekend walks, it can become easy to forget the key nutritional requirements your body has on a daily basis when it is being pushed in tough sessions multiple times a week.**

**Naturally, the more you train, the hungrier you are also likely to get and hence getting your diet right is imperative to ensure that extra training does not also equal too many extra calories. Here are my top tips to keep you on track with your diet as you prepare for The Bloody Long Walk, whether you are a recreational or professional athlete.**

## **1) Try not to cut out too many carbs**

If you are training for an hour or more each day, forget the low carb approach or you will find yourself covered in the corner each day at 3pm demolishing a packet of red frogs. Ensure that you fuel with some carbohydrate rich food within 90 minutes of any training session and if it will then be longer than an hour before your next meal, try recovering with 10-20g of carbs along with protein within 30 min of finishing your session. Convenient food options that achieve this nutritional balance include Greek yoghurt with fruit, a skim milk coffee, protein/carb bar, a wholegrain wrap with cheese or lean meat or a protein shake and some fruit.

## **2) If you train before breakfast you need carbs at night**

Many early morning exercisers prefer to train on an empty stomach which is fine unless you have not eaten any carbs since lunchtime the day before. So, if you can simply not stomach any food prior to an early morning session, try adding a small amount of good quality carbs to your evening meal. 30-45g should do the trick via a jacket potato, ¾-1 cup of pasta, quinoa or brown rice or some sweet potato and notice how much better you feel during your morning session.

## **3) Manage the cravings**

We get sugar cravings when we have not eaten the right mix of carbs and protein. Manage your post walk appetite with a light wrap with peanut butter or cheese, protein shake made with skim milk or crackers and cheese and where possible include some salad or vegetables – the bulk will keep you full while the mix of carbs and protein will help to regulate your blood glucose levels.

## **4) Try to not use extra training as an excuse to eat more**

Sure, more exercise can make you a little hungrier but in more cases than not, women in particular use their training regimes as an excuse to eat more. “I went for a big walk this morning so I deserve a treat” among the common justifications for the extra dessert, cake or sweet treat. Limit your sweet treats to just once or twice a week to gain maximal benefit from your training commitments and tame your appetite with protein rich meal and snack options and leave the extras as a once or twice a week treat.

## **5) Watch the drinks**

Vitamin water, sports drinks and juices are a recipe for disaster when it comes to weight control, and very few recreational athletes really NEED them on a daily basis. Cut out sugar calories by sticking to water as your primary choice of fluid and if you cramp regularly, try adding some salts such as Hydralyte to your water bottle for the anti-cramping effects minus the calories.



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