

Nutritional Advice - Trekkers



You are about to embark on a tough challenge. This is a tall order for your body and so in order to reduce the stress and shock that it will be put through, we suggest working to a training plan combined with appropriate food preparation. This information is given as a guideline only.

Preparation

Everyone should be increasing their intake of carbohydrates in the run up to the event. Specifically the week before the event, participants should be 'carb-loading' (potatoes/pasta/bread) and drinking more water - 2 litres a day (urine should be clear). A good breakfast is scrambled egg on toast, as the bread provides the carbs and the egg provides vital protein and its all in an easily absorbed format. Energy is of key importance.

The Trek

On long treks it's recommended you sip water every 15 minutes, and snack regularly every 30 minutes (a bite of a banana/tracker bars/ energy bars whatever you find easiest to digest). At least every hour a brief stop for both food and water is best.

No matter how strong a walker you are, everyone is going to be using up a lot of energy. Drinks are good ways of topping up your energy levels. Carbohydrate drinks can easily be mixed with water and sipped throughout the day. These mixers are available in different flavours from good biking/running shops and it's a good idea to test them beforehand. Specialist bike/running shops also sell energy 'gels' for when you feel you just can't go any further. Carbonated drinks are not recommended.

Post Trek

Re-hydration in the evening is very important. Your body needs to recover and prepare for the next days trek. Keep drinking water at regular intervals (your urine should still be clear).

Protein is much needed in order for your muscles to recover and rejuvenate. Protein bars/powder/drinks are all supplements that you might consider bringing with you.

Drinking alcohol isn't advised from a training or performance point of view!

Good luck!