



Marathon Training

With PacificHealth Labs Nutrition

It takes a lot of energy to train for a marathon. Like all of the energy your body uses, running energy comes from nutrition. Your body has enough stored energy to get through runs lasting up to one hour without a problem. But when you run longer than one hour, taking in the right kind of energy before and during the run will help you run better. And taking in the right energy after your run will help you recover faster and run better tomorrow.

Why PacificHealth Labs?

PacificHealth Labs nutrition products are formulated to provide the right energy before, during, and after runs:



Accelerade/Hydro

Accel Gel

Endurox R4

<p>The only sports drink with carbs and protein in a 4:1 ratio. It is proven to rehydrate better than conventional sports drinks. Hydro is a lower calorie version that has 50% fewer calories than Accelerade.</p>	<p>The only sports energy gel that contains carbohydrate and protein in a patented 4:1 ratio. It has been shown to boost endurance and reduce muscle damage during exercise compared to conventional gels.</p>	<p>The only post-workout recovery drink with carbs and protein in a 4:1 ratio. Use it after each run to rehydrate and replenish and rebuild your muscles.</p>
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Here are some guidelines for using these products in marathon training:

- ✓ Drink 12 ounces of **Accelerade/Accelerade Hydro** 30 minutes prior to your run for hydration.
- ✓ During all runs drink **Accelerade/Accelerade Hydro** or water according to your thirst.
- ✓ Take one **Accel Gel** every 30 to 40 minutes. (Optional) Take one **Accel Gel** immediately before each long run. This will "top off" your body's energy stores and help you start your run strong.
- ✓ Drink 8 to 24 ounces of **Endurox R4** within an hour after completing each run. The longer the run, the more **Endurox R4** you should drink.

Sample Training Week: Low-mileage			
	Workout	Nutrition	
M	Rest	--	--
T	Run 3 miles	Before:	12 oz Accelerade/Hydro
		After:	12 oz Endurox R4
W	Run 4 miles	Before:	12 oz Accelerade/Hydro
		After:	12 oz Endurox R4

T	Rest	--	--
F	Run 3 miles	Before:	12 oz Accelerade/Hydro
		After:	12 oz Endurox R4
S	Run 3 miles	Before:	12 oz Accelerade/Hydro
		After:	12 oz Endurox R4
S	Run 6 miles	Before:	12 oz Accelerade/Hydro
		During:	12 oz Accelerade/Hydro according to thirst OR 1 Accel Gel at 3 miles w/water
		After:	12 oz Endurox R4

Sample Training Week: High-mileage

	Workout	Nutrition	
M	Rest	--	--
T	Run 6 miles	Before:	12 oz Accelerade/Hydro (Optional) 1 Accel Gel
		During:	12 oz Accelerade/Hydro according to thirst OR 1 Accel Gel at 3 miles w/water
		After:	12 oz Endurox R4
W	Run 10 miles	Before:	12 oz Accelerade/Hydro (Optional) 1 Accel Gel
		During:	12 oz Accelerade/Hydro according to thirst OR 1 Accel Gel every 30-40 minutes (2 total) w/water
		After:	12 oz Endurox R4
T	Rest	--	--
F	Run 6 miles	Before:	12 oz Accelerade/Hydro (Optional) 1 Accel Gel
		During:	12 oz Accelerade/Hydro according to thirst OR 1 Accel Gel at 3 miles w/water
		After:	12 oz Endurox R4
S	Run 6 miles	Before:	12 oz Accelerade/Hydro (Optional) 1 Accel Gel
		During:	12 oz Accelerade/Hydro according to thirst OR 1 Accel Gel at 3 miles w/water
		After:	12 oz Endurox R4
S	Run 20 miles	Before:	12 oz Accelerade/Hydro (Optional) 1 Accel Gel
		During:	12 oz Accelerade/Hydro according to thirst OR 1 Accel Gel every 30-40 minutes (5 total) w/water
		After:	24 oz Endurox R4