STAMFORD STRIDERS

Losing Weight in Running

Here's 5 tips for running for weight loss.

1) Make sure you start your run fully fueled and hydrated. A great morning pre-run food is porridge or muesli but everyone is different and people run at different times of the day and night - so experiment with what works for you.

Most people find that a good sized meal will take 2 – 3 hours to digest before you can run. You should be drinking enough fluid so that your urine runs clear before you head out of the door.

Stay off the caffeinated drinks before a run such as coffee, tea and cola. Drink water, fruit juices or herbal/fruit teas.

2) If you will be running for more than an hour take some carbohydrate out with you. This can be a banana, some fruit chews or a sports carbohydrate drink.

Again, experiment with what works for you. If you choose anything other than the sports drink, you will need to also take out some water to stay hydrated.

3) When you get back from your run have something to eat within 15 minutes. A banana or any wholegrain carbohydrate will do the trick – perhaps a bowl of cereal or a slice of wholegrain toast with jam on or honey.

Eating within 15 minutes of your run takes advantage of the increased enzyme sensitivity in your body to absorb carbohydrates and refuel your muscles ready for next time.

4) Within 2 hours of finishing your run eat a normal meal containing a variety of complex carbohydrates and protein. So something like a pasta meal, chicken curry or salmon and vegetables would do the trick.

5) Stay off the chocolate, crisps etc. It is really easy to reward yourself with these foods but you could (and often will) eat more calories than you burnt during the run itself.

Finally, people run for different reasons but running should not be just for weight loss. You may find that you do not lose lots of weight straight away but that your clothes fit better – this will be because you are toning up and losing fat   but gaining a little more muscle.

Muscle uses much more calories at rest than fat does and therefore increases the amount of calories burnt during the day and night. Don't get too caught up on the scales, go by how you feel – you should start to feel more relaxed and have more energy.

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