



How To: Prepare for a 5K

So, you signed up for a 5K, now what?
Here are three easy tips to get you up and running!

1 Prioritize Sleep

Getting 7-8 hours of quality sleep per night is especially important leading up to a 5K. Sufficient sleep may help reduce perceived effort and improve reaction time.

To tap into that deep sleep try the following:

- Incorporate a relaxing nighttime ritual (Deep breathing, Epsom salt bath or sleepy time tea).
- Keep your bedroom cool and dark – free from electronics and screens.
- Implement a regular sleep pattern. Going to bed and waking up at the same time daily helps keep your sleep rhythm in check.

2 Focus on Water and Electrolytes

Hydration is crucial for exercise performance and starting out well hydrated is key. Maintaining hydration status ensures body temperature regulation and that nutrients can travel to working muscles.

To optimize your hydration, implement this easy schedule before your 5K:

With breakfast or 2 hours prior to your 5K – drink 0.07 to .10 oz of fluid per pound of body weight.

That means if you weigh in at 130 lbs - you want to take in at minimum 9 oz of fluid before your 5K.

To properly absorb water, adding electrolytes can help. We like electrolyte formulas such as NUUN, LMNT, and Liquid IV.

3 Nourish Properly

In order to support your 5K energy needs, your breakfast should focus on the following:

- Contain sufficient protein and carbohydrates to avoid the “spike and crash” pattern of blood sugar
- Digest easily
- Be low in fiber and fat – both of which decrease digestion rate

Examples:

- Rice cake with nut butter spread and bananas
- Hard-boiled eggs on toast
- Protein shake with sufficient protein dose (~20 grams)
- Low-fat, organic Greek yogurt with granola

Do you need to fuel during your 5K?

- For the most part, no. Exercise lasting less than 90 minutes does not require additional fuel intake.

