

Fight Runner's Fatigue

STAY ENERGETIC WHATEVER DISTANCES YOU'RE TACKLING WITH THESE ANTI-FATIGUE TIPS

Your breath's getting shorter and faster and your legs feel increasingly like lead, yet you've barely started your run. With each step feeling more torturous than the last, you realise it's time to take note and listen to your body. Welcome to runner's fatigue – your body's way of telling you it needs some TLC to carry on working as you want it to. Here's how to fight back.



TRAIN SMART

'It's important to understand the difference between tired and fatigued,' says Luke Tyburski, running and mindset coach and author of *Chasing Extreme*. 'The former is when you're physically capable to continue at a certain level of intensity but feel tired from working hard, while fatigued is when your performance is declining. If you normally run a certain time for 7K but found you ran slower this week, maybe you're fatigued and need a break. Try dropping the intensity or length of your next run, or just take a bit more time out – one extra rest day won't stop you from improving, whereas overtraining might.'



SLEEP SOUNDLY

'Sleep is when your body rests, repairs and recuperates, so getting enough is essential,' says Jo Usmar, co-author of *This Book Will Make You Sleep*. 'Monitoring your sleep via an app can help. When do you feel fatigued? What time did you go to bed? Did you wake up during the night? Going to bed and getting up at a similar time every day – yes, even at weekends – helps your body strengthen its circadian rhythm.'

RECOVER STRONG

'Recovery is key when it comes to optimising running performance,' says nutritionist Kim Pearson. 'Tracking your food intake can help you structure your diet with the right macronutrients [proteins, fats and carbohydrates] and micronutrients [vitamins and minerals].' Optimal levels of iron and vitamin D are also important, as deficiency can lead to fatigue, she warns. Help your muscles repair with runner-friendly recovery foods such as eggs, fish, rice, legumes, leafy green vegetables and olive oil.



WORDS: JO USMAR

EAT RIGHT

'If runners aren't fuelling up to power their runs, it's highly likely their energy levels and performance will suffer,' says Pearson. 'Many runners rely on starchy carbs and neglect protein, which can result in fluctuating energy levels.' New fat-free, sugar-free Maximuscle Plant Max is an easy way to top up your protein. It has similar protein levels to whey, but is sourced from pea (73%) and brown rice (12%), so it's soy-free, making it suitable for plant-based diets or anyone looking for alternative protein sources.

Discover the new Maximuscle Plant Max range at [maximuscle.com](https://www.maximuscle.com)

