

# GLOBAL 6K NUTRITION GUIDE

**Get energized for your 6K with these delicious recipes and tips that will help you keep going!**

*Recipes are recommendations and not mandatory for participation in the Global 6K. PLEASE NOTE: It is recommended to leave 2-3 hour for food to digest prior to exercise.*

## TIP #1 – Drink water before and during your 6K (4)

As a guideline, the American College of Sports Medicine recommends that active people drink 20 ounces of water prior to exercise.

## TIP #2 – Do some Dynamic Stretches (4)

Stretching will warm up the muscles and protect you from becoming sore.

Check out our 6K warm-up video to help get you 6K ready!

## TIP #3 – Pick the Right Clothes

Wear clothes that are loose and comfortable, such as:

- Running Shorts
- Leggings
- Wind Breaker
- Global 6K T-Shirt or Runners Tank Top
- Flexible Running Shoe

## TIP #4 – Recover after the 6K

**Stretch** - Walk and stretch for at least ten minutes until your heart rate slows down. This will prevent you from getting the gross post-shower sweats and, more important, from passing out from that heat. **(1)**

**Take a hot-and-cold shower** - A Journal of Science and Medicine in Sport study found that athletes who alternated soaking in hot and cold water after exercising experienced a significant reduction in their heart rate and blood lactate levels.

## **APPLE WALNUT OATMEAL (3)** - Yields 1-2 Servings

1 cup Steel-Cut Oats

3-1/2 cups Water

Dash of Unrefined Sea Salt

Bring water and sea salt to a boil, add oats and gently boil on low heat with the lid on for 20 minutes, stirring occasionally. Take off the burner and add the following:

- 3 tbsp Ground Fax Seed (or you can use bee pollen, salba seed, chia seed, hemp protein)
- 1 tsp Vanilla Extract
- 1/2-1 tbsp Cinnamon (adjust according to your taste)

Mix the above in with the oatmeal and let it sit until thick then add toppings below:

- 1 tbsp Chopped Walnuts
- 1/2 Diced Apple (it's even better if you microwave the chopped apple in some cinnamon and stevia for 1-2 minutes to soften it)
- Sprinkle a bit of Cinnamon on top

## **PEANUT BUTTER BANANA SMOOTHIE (2)** - Yields 4 Servings

Blend together:

2 Bananas (broken into chunks)

2 cups Milk

½ cup Peanut Butter

2 tbsp Honey (or to taste)

2 cups Ice Cubes

1 rounded scoop of your favourite Protein Powder (Optional)

**Enjoy your 6K and stay energized!**

Sources:

- (1) <https://www.washingtonian.com/2013/08/15/5-steps-to-cool-down-quickly-after-a-hot-workout/>
- (2) <https://www.allrecipes.com/recipe/221261/peanut-butter-banana-smoothie/>
- (3) <https://www.fitnesswithpj.com/10-best-oatmeal-recipes/>
- (4) <https://www.byrdie.com/pre-workout-tips>