



Running On Juice Guide

# Running On Juice

Follow this simple guide to help prepare yourself and your body for a marathon. With our easy to follow advice and recipes, you'll find you're body raring to go next time you walk up to the starting line.



**RUNNING;** whether it be on a treadmill, round your local park or cross-country is a great form of exercise. So if you're taking on a running challenge this year, or thinking about doing so in the future, getting your training diet spot on will help you go that extra mile. Whether it's a 5k or a marathon, to run your best, you have to fuel yourself right. Our guide to **'Running on Juice'** is packed full of information to help alongside your training program to ensure you are in tip top condition on race day.

There are several key elements of nutrition to consider that help to maximise performance. Which is why planning your pre and post-run juice or meal can be just as important as the run itself.

### Carbohydrate Power

When it comes to the right fuel for running any race, the common thinking has always been to 'stock up' on as many carbohydrates (*pasta, rice, bread etc*) as possible. However, if you look at the most successful marathon runners in the world (*mainly Ethiopians*), this is the last thing they will be doing the day before a race. It is also worth knowing that eight of the best marathon runners in the world not only come from Ethiopia, but the same village! These people are powered by nature's live, water rich foods; fresh fruit, live yogurt, and green leafy vegetables. There isn't a great deal of life or water in pasta or bread.

But just to be clear, this doesn't

mean foods such as pasta and bread have to be 'banned' from your nutrition programme completely (*although the white refined kinds will never be welcomed!*), we're literally talking about right before a run. At which point, we highly recommend consuming genuine natural carbohydrates in the form of fruits and vegetables in a smoothie form.

In fact, the entire main focus of this guide is what you are consuming directly before a run and directly afterwards. Clearly what you have at other times plays a part too, but hopefully when you start to see how mother nature can fuel you in the immediate instance, it will create a lovely domino effect into your daily nutritional choices.



## Training Days

These are the best days to test your nutrition. Play around with what you have pre and post run to see how your body feels and reacts. Ask yourself questions like - **Do I ache after a run? Do I feel bloated? Do I feel like I have energy for the task ahead?** You will more than likely be running in the morning on race day, so we would advise most of your training runs take place mid morning to get your body used to it. See our suggested smoothies below.

## Rest/Reduced Training Days (under 60 mins running at low-intensity)

On rest days, or reduced training days it's important that you have a higher intake of polyunsaturated fats (e.g. *Omega-3*) as they can really help to reduce inflammation and aid the recovery process. An increased vegetable intake with each meal, especially those high in antioxidants, will help to reduce the free radical damage from training and can subsequently reduce muscle soreness.

Foods high in polyunsaturated fat include a number of plant-based oils, including: soybean oil, corn oil and coconut oil, as well as fatty fish such as salmon, mackerel, herring and trout. Other sources include some nuts and seeds such as walnuts and sunflower seeds, tofu and soybeans.



Antioxidant foods can be linked to cranberries, blueberries and blackberries ranked highest among fruits and beans and artichokes in vegetables.

The smoothies **to the right** will not only be great for recovery after your run, but they can also replace whatever breakfast you are having at the moment.

## Training Timing – When To Eat...

For easier, low-intensity training sessions (e.g. *35 minute, easy run*), many elite endurance athletes would undertake this session before breakfast so they are in a fasted state. This can be a worthwhile strategy as, by under fuelling the muscles, the stress on them increases so that they adapt and become more efficient. It can take a while to get used to training this way and **SHOULD NOT** be used for high intensity training sessions.

## Other Nutrients To Consider For Recovery

Include polyunsaturated fats in your evening meal to promote the function of muscle cells. Foods containing iron should also be included in three meals per week (*take a look at the Spinach and Sweet Potato Soup below*) Spinach, Watercress and Rocket are all deep-green salad leaves and, as such, have many health benefits. They are packed with chlorophyll, the part of the plant that quite literally traps sunlight energy and releases it into your body's cells, which is vital for carrying oxygen to the working muscles and supporting energy production during endurance exercise.

## During Long Runs

Up your fluid intake to compensate for sweat losses during training and stick to tried and tested foods and juices before setting out on a long run. Avoid foods that may cause gastrointestinal issues, such as spices, fatty or very high fibre foods.

Make sure you take water throughout the run. If you can carry some 'H2O Juice' then do. It has the perfect balance of sodium and potassium. If you are offered bananas en route, take them, walk slowly for a minute and eat. Then continue your run.

## During Shorter Runs

During the week you will be doing shorter runs. If you only have a 20-minute run as an example, then clearly a full Marathon Smoothie before

## SMOOTHIE AND JUICE NUTRITIONAL SUGGESTIONS



The below plan is for those specifically running a marathon, 26.2 miles, however, adjust to suit your distance.

### 1 hour before training run

(which is less than 13 miles)

**1 Marathon Smoothie**  
**DRINK SLOWLY!**

### 15 - 30 mins after training run

(which is less than 13 miles)

**1 Marathon Smoothie**

### 1 hour before training run

(which is between 13-15 miles)

**1 1/2 Marathon Smoothie**  
**DRINK SLOWLY!**

### 15 - 30 mins after training run

(which is between 13-15 miles)

**1 1/2 Marathon Smoothie**

### 1 - 2 hours before training run

(which is over 15 miles)

**2 Marathon Smoothies.**

Try to have one 1- 2 hrs before run and again 1 hour before run.

### 15 - 30 mins after training run

(which is longer than 15 miles)

**1 litre of Juice Master's H2O**  
**2 Marathon Smoothies**  
**DRINK SLOWLY! Plus, an ICE COLD BATH for 15 mins.**

and after may be too much for you. Please listen to your body. However, we would recommend having the Marathon Smoothie if you are doing a further workout, which may not involve running. You can also have the much lighter Workout Wonder, if the Marathon Smoothie feels too heavy.

## Solid Foods You Can Eat:

We know it's not just all about the juice and on the days leading up to your event it's a good idea to try and make some positive changes to the foods you consume on a daily basis. Ideally you will have your smoothie for breakfast and in Jason's 'Turbo Charge Your Life in 14 Days' there are several options for lunches and dinners, so feel free to choose any that take your fancy. Super-healthy snacks from the book like the Power Pittas, Turbo Power Sandwich and the Protein Snack Attack will give you great source of natural fuel that will complement your training.

On the **Soup 'N' Juice Me! App** there's a selection of soups and salads for you to try too. Eating 'whole' foods that are as close to nature as possible are best.

# Here's A Few Of Our Favourite Recipe's

## Breakfast

Look back to the suggested smoothies. Again trial each one to test it works well with your training.

## Lunch

### Spinach and Sweet Potato Soup

*Soup N Juice Me*

### Green Power Soup

*Turbo Charge Your Life in 14 Days*

### Power Salad

*Turbo Charge Your Life in 14 Days*

### Power Sandwich

*Turbo Charge Your Life in 14 Days*

## Dinner

### Salsa Salmon

*Turbo Charge Your Life in 14 Days*

### Fish Kebabs

*Turbo Charge Your Life in 14 Days*

## Sides

### Grilled Vegetables

*Turbo Charge Your Life in 14 Days*

### Brown Rice Salad

*Turbo Charge Your Life in 14 Days*

## Snacks

### Guacamole

*Turbo Charge Your Life in 14 Days*

### Hummus with Pitta

*Turbo Charge Your Life in 14 Days*

## Cauliflower Rice Recipe

1 medium head (*about 24 oz*)  
cauliflower, rinsed  
1 tbsp coconut oil  
2 egg whites  
1 large egg  
pinch of Himalayan salt  
1/2 small onion, diced fine  
1/2 cup frozen peas and carrots  
2 garlic cloves, minced  
5 scallions, diced, whites and greens separated  
3 tbsp soy sauce, or more to taste  
(*Tamari for Gluten Free*)

## Directions:

Remove the core and let the cauliflower dry completely. Coarsely chop into florets, then place half of the cauliflower in a food processor and pulse until the cauliflower is small and has the texture of rice or couscous – don't over process or it will get mushy. Set aside and repeat with the remaining cauliflower.

Combine egg and egg whites in a small bowl and beat with a fork. Season with the Himalayan salt.

Heat a large sauté pan or wok over medium heat and add your coconut oil. Add the eggs and cook, turning a few times until set; set aside.

Sauté the onions, scallion whites, peas and carrots and garlic about 3 to 4 minutes, or until soft.

Raise the heat to medium-high. Add the cauliflower 'rice' to the sauté pan along with soy sauce. Mix, cover and cook approximately 5 to 6 minutes, stirring frequently, until the cauliflower is slightly crispy on the outside but tender on the inside. Add the egg then remove from heat and mix in scallion greens.

## Fancy Something Sweet?

Our juicy tip is to freeze your bananas (*skin off of course*) then every time you need something sweet, add to the blender (*or if you have a masticating juicer - stick it through there*) and make banana ice cream. This is perfect and you can add your favourite toppings like flaked almonds, cinnamon, raw cacao or a drizzle of Manuka honey.

## Key Facts

I'M A GREAT  
HYDRATION  
FOOD

### Essential Nutrition

Carbohydrates  
Soba Noodles  
Brown rice  
Wholewheat Pasta  
Rolled Oats  
Sweetcorn  
Split Peas  
Lentils  
Chickpeas  
Pinto Beans  
Bananas  
Sweet Potatoes

### Protein

Soy or Baked Beans  
Almond Milk and Eggs  
Bio-Live Yogurt  
Pumpkin Seeds  
Peanuts  
Herring, Salmon or Tuna  
Crab  
Sardines  
Tofu or Tempeh  
Cottage Cheese

### Hydration Foods

Cucumber  
Iceberg or Romaine Lettuce  
Celery  
Radishes  
Tomatoes  
Green Peppers  
Raw Spinach and Broccoli  
Cauliflower  
Green Peas  
Grapefruit and Oranges  
Pineapple, Melon and Mangoes  
Cranberries  
Blueberries and seedless Red  
Grapes  
Kiwi Fruits



### Other Juice & Smoothies

On occasions you may wish to have a smoothie for lunch too which will assist with any needed weight loss and of course optimum nutrition. With this in mind I would grab a copy of one of Jason's books or download one of the apps and choose a recipe from either the **3, 5, 7, Soup 'N' Juice Me** or the **Super Juice Me! 28-Day Juice Plan**.

What we would advise is to make sure that you have some of nature's liquid super fuel going into your system everyday. This will help to keep your body hydrated and ensure you are getting a good stock pile of valuable vitamins and minerals before the race.

Find recipes specifically designed for training. We enjoy the following juices and smoothies:

#### Keeping It Simple:

**The 'NO SWEAT' section**  
(Pages 98 – 105)

**Vegan Protein Power Smoothie**  
Pages 98/99

#### Natural Performance Enhancer

Pages 100/101

**Juice Master's Hydro Juice**

Page 102

**Workout Wonder**

Page 103

**Rapid Recovery**

Page 104

#### Good Smoothies For Recovery:

**Super Detox Smoothie**

Page 44

**Banana Aid**

Page 112

**Natural Protein Shake**

Page 113

#### From The Funky Fresh Juice Book:

**The 'Gym Bunny' section**  
(Pages 175-183)

**The Cardio Workout King**

Pages 176-177

**Cherry Toning Tonic**

Pages 178-179

**Juice Master's Marathon Smoothie**

Pages 180-181

**Pure Muscle Builder**

Pages 182-183





### For Recovery Try:

**Tahini Choco Beaney** on pages 238-239 in **The Funky Fresh Juice Book**.

...have a look at all the books and apps and experiment, the ones you will use most however is the **Marathon Smoothie** in **The Funky Fresh Juice Book** and Workout Wonder in **Keeping it Simple**.

Almonds provide a wide range of nutrients that help to keep the body healthy for sport; a small handful per day will help meet needs. Almonds provide a source of protein, as well as the antioxidant vitamin E. Almonds contain healthy monounsaturated fats and fibre. Almonds also contains other important vitamins and minerals such as potassium, magnesium, iron, phosphorous and riboflavin (vitamin B2).

Making Almond Milk is so simple too - and can be used to replace normal cows milk.

### What You Need!

1 handful raw Almonds  
500 ml filtered water



**I'M PACKED FULL  
OF NUTRIENTS!**

### How to make:

Put the almonds in a bowl and cover with water (*this does not need to be filtered water*) and leave for at least 8 hours if possible. After this time take the soaked almonds and discard the water.

Place them in the blender and add the filtered water. Blend for a full minute. Pour the liquid through a sieve, discard the residue nuts and you now have 'almond milk'. This can be stored in the fridge and is best used within **24 – 48 hours**.

### Spirulina Protein Shake - Super Juice Me! 28-Day Juice Plan

On a nutritional level spirulina is a true super food that provides an excellent source of protein, vitamins and minerals. Protein is not only needed for muscles but for many functions we often don't think of such as production of infection fighting proteins. Studies have shown that spirulina can help increase production of these antibodies and this is potentially why it is heralded as such an excellent immune booster.





## The Day Before The Race: What To Eat?

As many bananas and avocados as possible - these are two of nature's finest super fuels and will provide your system with the right fats; sugars; proteins; vitamins; minerals; organic water and enzymes (*the life force contained within all fruits and vegetables*). Have a couple of Turbo Charge Smoothies and drink as much water as is comfortable. Feel free to also have some pasta the day before, just make sure its GOOD quality and close to the grain for sustained energy (*so nothing white and refined!!*)

It takes more energy to try to digest the wrong kinds of food than anything else you can do. With this in mind, it is essential you get as much help with this as possible. When you juice and

blend your food you have effectively done most of the bodies hard work for it and, as all the fuel I am advising comes direct from nature, it has also been more or less pre-digested by the plant. The two recipes we recommend for the marathon are well balanced and well thought through. They go against the normal carb way of thinking, but they are extremely effective.

### Juice Master Top Tip

Take on water when needed and eat bananas en route (*people usually pass them around*). If you don't have someone to hand you juices, you can simply use just the Workout Wonder on route and take a bottle with you.

## STUDY ON BEETROOT JUICE

Beet juice has been the BIG endurance-boosting sensation of the past few years. But how much, exactly, do you need? How much does it help? When should you take it? And how long does it last?

Beets are a great source of inorganic nitrate and have been shown to boost endurance.

Research from Exeter University and Peninsula College of Medicine and Dentistry in Devon found two marked physiological effects. Beetroot juice contains high levels of nitrate. This widens the blood vessels, reducing blood pressure and allowing more blood to flow. It cuts the amount of oxygen needed by muscles.

*"We've seen in this study that beetroot juice can reduce the amount of oxygen you need to perform even low-intensity exercise."* – **Katie Lansley, a PhD student** from the university's Sport and Health Sciences department and lead author of the study

from our point of view - the more beetroot you consume the better. Peak levels arrive about 2-3 hours after ingestion, and are approaching baseline again by 12 hours later. We suggest consuming a beetroot juice or shot 2 - 3 hours before a marathon race so that is elevated throughout the race.

### Beetroot shot

1/2 bulb raw beetroot  
1 inch lemon

Juice the lot and knock it back!



## Juicy Tip



Have you tried our Natural Electrolyte Sodium Shot? It's so simple to make and has the perfect balance of potassium and sodium to aid muscles after a work out, and may help alleviate cramping.

### Natural Electrolyte Sodium Shot

1/4 medium Cucumber  
1 stick Celery

Juice the ingredients and knock back in one!

## Common Questions:

**Q:** I'm tired! What meals can I eat to boost energy, fuel workouts and lose weight?

**A:** Boosting energy and fuelling runs while shedding pounds requires what we call 'metered eating'. Plan on juicing or eating every three to four hours—breakfast, lunch, and dinner, with two snacks. You'll avoid getting ravenous, which can make you sluggish and likely to overeat.

**Q:** Why do I need to eat straight after I run?

**A:** Your muscles need to have the correct nutritional environment in order to grow. Eating enough high protein foods will be one of the biggest challenges you face in achieving muscle growth. Not only do you need protein which is essential for anyone looking to maintain or build muscle, but you also need to get your body to produce insulin, particularly immediately after training. The best way of getting extra protein into your diet is by adding in a good natural protein powder. Hemp and Pea based proteins are the ones that everyone is talking about at the moment, as not only are they extremely effective, but they are also much kinder on the digestive system, compared to their over processed competitor, Whey. Both of our hemp and pea protein powders are 100% natural, contain organic ingredients and are suitable for vegetarians and vegans. Just make sure wherever you source yours from, that no nasty fillers have been added. Pea Protein is another great natural protein and like the hemp, is much kinder on the digestive system. is essential for anyone looking to maintain or build muscle, or simply wanting to add extra protein into their diet. Pea and hemp protein works well in a smoothie with our fruit and cocoa powders, and blends into a wide range of cooking and baking. Try adding a tablespoon or two of pea protein to soups and casseroles to provide a hidden protein boost.

**Q:** Can you eat or drink anything to help stop cramping?

**A:** Cramp is unlikely to be purely nutritional; the cause can range from anything including an underlying injury to dehydration or a need to change your trainers. Dehydration is one of the major causes; you need to drink 500-1000 ml of fluid per hour according to your sweat rate.