



ADNOC ABU DHABI MARATHON

HEALTH ADVICE

10 POINTS TO BE FOLLOWED BEFORE, DURING AND AFTER THE ADNOC ABU DHABI MARATHON

1. PAY ATTENTION TO WHAT YOU DRINK

Drinking alcohol in the days before the event can cause a loss of fluids and negatively affect proper hydration, which is necessary for good performance. Alcohol can also reduce the supply of blood to the muscles. Caffeine causes an increase in metabolism and therefore an increase in energy demand. Although caffeine does not improve performance, taken in low doses (the classic cup of coffee 1-3 mg of caffeine per kg of body weight) can be considered useful from this point of view.

2. HYDRATE ADEQUATELY

Avoid drinking a lot (0.5 - 1 litre of water) just before the marathon, but take at least 2 lt. of water per day, on the days preceding the race. This will help you adequately hydrate and protecting your kidneys during the marathon. During the race it is essential to drink, in small sips, at least 1-2 cups of water every 30 minutes to avoid dehydration and improve performance. In any case, never ignore your thirst.

3. CHECK THE TEMPERATURE

With ambient temperatures above 20 °C, regular sponging is recommended. For temperatures below 15 °C or in the event of wind and rain, bring appropriate clothing (windproof, rainproof) with you. Regular fluid intake contributes, in a fundamental way, to maintaining body temperature control.

4. SUPPLEMENTS

Sweating can cause loss of fluids and minerals. It is advisable to take 250-500 ML of mineral salt supplements a few hours before the start of the race. The abuse of supplements can have harmful effects for the organism, always respects the doses recommended by the producers. It is not advisable to take stimulants (taurine or similar) before the marathon.

5. POWER SUPPLY

30 days before the race, your diet should be optimized to include: 7-10 G. of carbohydrates per KG of body weight and 1.5-1.7 G of proteins per KG of body weight per day. These small measures will ensure a reserve of energy ready to spend during the race. In the morning of the marathon a light breakfast based on carbohydrates (baked goods, biscuits, cereals) is recommended at least 2 hours before the start of the race. If you are diabetic, contact your doctor and agree with him an appropriate diet plan before and after the marathon. During the journey, remember to refuel regularly at the refreshment points.

6. GASTROINTESTINAL ISSUES

15-20% of runners report gastrointestinal symptoms during competitions. Minor gastrointestinal events are also associated with reduced performance. The intake of sugary drinks, immediately before and during the competition, stimulates gastric emptying and increases the need to visit the toilet.

7. DRUGS

Using over-the-counter or non-prescription drugs, pose serious health risks. Taking medicine unnecessarily (such as Aspirin, Ibuprofen, Ketoprofen, Naproxen Sodium, Nimesulide) can cause serious side effects. If you take any prescribed medicines, contact your family doctor before the competition.



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8. RECOVERY

Recovery from physical effort begins within one hour after the race. It is advisable to take on simple sugars over the duration of the competition. Do not forget the correct rehydration to restore the body's proper hydro-saline assets with water and supplements. Consuming a complete and balanced meal as soon as possible, helps the rapid recovery of energy.

9. EXHAUSTION

Do not go beyond your limits. Listen to your body. If you are tired, you do not feel well, you have intense pain, stop. If you have had flu symptoms in the days before the marathon, especially gastrointestinal, do not run.

10. WARNING SIGNS

Despite the best training, a marathon is always an important test for your body. There are medical stations along the route, ready to support you in case of need. All the staff at the ADNOC Abu Dhabi Marathon can call an ambulance, please call a member of staff in case of need or go directly to the medical stations on the route. If you cannot locate a relief station near you, call or call the emergency number 998.