



## NUTRITION

### LEADING UP TO THE EVENT:

Please make sure that in these last few weeks you are eating healthily. Ensure that all meals and snacks provide a good proportion of carbohydrate foods (i.e. starchy foods, bread cereal, pasta, rice etc).

Examples include:

1. Vegetables high in protein and carbohydrates include peas, sweet corn, beans, etc.
2. Breads, cereals, porridge, crackers, pasta, rice and potato.
3. Fruit, fruit juice and dried fruit.
4. Dairy products (low fat milk, yoghurt or low fat cottage cheese).

Remember to snack during training.

Make sure you drink during training – **the correct amount is that amount that quenches your thirst.**

### BEFORE THE START:

A snack the night before the early start is important. This is to top up glycogen levels and to compensate for the early morning start. This will also help to see you through to the Breakfast stop.

A good light snack to fuel at the start of the walk would be:

1. Hot Milo or Chocolate with a rusk.
2. Hot milk with a cereal bar
3. Hot porridge made with low fat milk and a little sugar.

### DURING THE EVENT:

During the walk remember to make use of the provisions provided for at the various stops. Stops are located every 4 to 5 km. There are three major stops, namely (Breakfast), (Lunch) and (Finish) at which substantial meals will be provided. All the other stops will provide fruit, chocolates, biscuits and liquids.

Toilet facilities are provided at each stop as well as at some intermediate points.

Updated by Rae Griesel – 19 January 2015