



**LUKE GAFFNEY**  
10KM COACH

**NUTRITION & WELLNESS GUIDE**

**NIKE RUNNING X DFC: A GUIDE TO NUTRITION**

Fuelling yourself properly is key to improving your fitness. While the tips below are a guideline to good nutrition, remember to try and test out the foods that work best for **you** and make you feel stronger.



**HYDRATION IS KEY**

The body is made up of an average of 60% water and hydrated muscles help boost performance. Keep a 3-litre water bottle near you to drink throughout the day and always rehydrate after a run.



**ANTIOXIDANTS ARE GOOD**

Controlling inflammation is important and antioxidants can help with that. Include lots of green leafy vegetables (kale, spinach, broccoli) and fruit (pomegranate, berries) in your diet.



**KEEP A FOOD JOURNAL**

The key to good nutrition is a very individual process and needs to be tried and tested. A food journal will give you a clear insight into what works for your body and what to eliminate.



**PRE- & POST-WORKOUT NUTRITION**

Planning your food ahead of your training can help your energy level. If you like to run in the morning, consider carbs the night before and add a small snack in the morning, like a banana. If you train in the evening, try not to eat too heavily 2-3 hours before you run.



**DON'T BE FOOLED BY LABELS**

Always read the label first and understand what you are eating. Learn to identify fake sugars, additives, and processed foods which may taste good but will play havoc with your gut. Eat fresh foods as much as possible.



**BALANCE YOUR DIET**

Carbs. Proteins. Fats. All macronutrients have their uses so don't neglect any of them. Protein helps with the growth and repair of muscles and stabilizes blood sugar. Carbs equal energy and dietary fats are also essential for the body to help absorb vitamins.



**TASTE THE RAINBOW**

A colourful plate means fruits and vegetables rich in essential vitamins and minerals. Try making smoothies with as many fruit and leafy greens as possible to start your day with.



**TOTAL DAILY ENERGY EXPENDITURE (TDEE)**

Energy balance is about calories in vs calories out. You burn through calories when running but you must be careful not to create a calorie deficit that will hinder recovery and performance, decrease energy, and increase risk of injury. Make sure you are eating enough to fuel your workouts.



**DON'T BE SCARED OF CARBS**

Carbs contain glycogen which we need for energy. With a 10k running goal in mind, carbs should be a substantial part of your diet to help performance.



**TAKE SUPPLEMENTS WISELY**

With a balanced diet, you should be getting all your nutrients from your food but there are some supplements that can help. Use them with caution and learn to recognise if your body needs the extra boost or not.

**A healthy and balanced shopping list should include:**

- Carbs:** sweet potato, white potatoes, purple potatoes, quinoa, brown rice, basmati rice, rice cakes, oats, pasta
- Proteins:** grass fed steak, organic turkey, organic chicken, white fish (cod, haddock, salmon, prawns, free range eggs, beef jerky)
- Plant based options:** tofu, edamame, pea protein, lentils, chickpeas
- Fats:** avocado, greek yogurt, nuts (walnuts, pistachios, cashews), coconut oil, avocado oil, ghee, olive oil, almond butter, cashew butter, chia seeds, flax seeds
- Vegetables:** kale, spinach, broccoli, beetroot, sprouted grains, sprouts, green beans
- Fermented veg (great for gut health):** sauerkraut, kimchi
- Fruits:** cherries, pomegranate, pineapple, mango, berries, bananas, dates

# NIKE RUNNING X DFC: A WELLNESS GUIDE

Taking care of yourself is so important to your mental health and fitness journey. By taking time to focus on yourself every day, you are taking the first steps towards wellness and a balanced mind and body.

## Here are my top wellness tips:

### START

Procrastination is the biggest killer of dreams. Often procrastination is linked to over-thinking and worrying about failure. The first step in overcoming this is to simply start. And remember, if you fail, there is nothing wrong with that. Failure will set a benchmark as to where you need to work from.

### FOLLOW A MORNING ROUTINE

This can make or break your day. Set an alarm and avoid using the snooze button. Also make your bed as soon as you wake up. This can often feel like an accomplishment and puts you in a strong mindset to attack the rest of your day.

### VISUALISE YOUR DAY AND GOALS

Write down your schedule and goals somewhere visible to keep you on track. If you struggle with self motivation, try training with a friend or joining a club. There are a lot of run clubs in Dubai and the Nike Run Club app is great to help you track your progress.

### SLEEP WELL

Sleep is your most important recovery tool and sleep quality is crucial. A deep sleep phase helps the growth and recovery of muscles to make you stronger. Some tips to improve your quality of sleep:

- Limit caffeine from 2pm onwards
- Limit blue light from phone and laptops an hour before bed
- Try to sleep with your bedroom temperature at 18.5C
- Try epsom salts in a bath to help you drift off

### TRACK YOUR PROGRESS

Your fitness journey will have highs and lows and it's good to remember the joy of good days and how the bad days helped you grow. Record your progress in a journal to help you look back on your amazing progress.

### LISTEN TO YOUR BODY

Learn to listen to your body and recognise what it needs, even if that means a day off to rest and recover.

### BREATHE

Deep breathing can help focus the mind and have a positive effect on your performance. Check out the Wim Hoff breathing method online for tips.

### PLAN A RUN DAY ROUTINE

Try and test what works best for you in the month leading up to your run. Your checklist should include your kit, sleep, nutrition, hydration and digestion.

### USE SOCIAL MEDIA WISELY

Remember you are what you consume. Follow people and accounts that have a positive effect on your mental health. And try not to compare your fitness journey to anyone else's. Remember that social media is usually curated to show the highlights from people's lives, not the full story.

And finally...

### YOU SHOULD BE YOUR ONLY COMPETITION

Focus on yourself and be consistent with your training, your rest days, your nutrition. This will improve your performance. And make sure to enjoy the process - it's the best part, the part you will remember the most!

Good luck!

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