

Women's Running

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IT'S YOUR TIME!

TRIM YOUR THIGHS

FIRM AND TONED IN 4 WEEKS!

Your essential nutrition guide

- ✓ Top recovery foods
- ✓ Foods that burn fat
- ✓ Eat well for less
- ✓ Boost your energy

BEST EVER RACE TIPS

Run your next PB - at any distance!

SAFE SUMMER RUNNING

Beat the heat

RACING IN COSTUME?

What every girl should know!



THE BUSY MUM'S TRAINING GUIDE

REAL-LIFE

'I started late - now I run for England'

RUN FASTER AND FEEL STRONGER

STAYING YOUNG

Stop the clock with weights

REVEALED & PERFECT PLACES TO RUN



STAY HEALTHY ON A BUDGET!

WANT TO SAVE MONEY ON YOUR GROCERIES WITHOUT SACRIFICING YOUR HEALTH AND FITNESS? NUTRITIONIST CHRISTINE BAILEY SUGGESTS TEN BUDGET FOODS FOR YOUR TROUSER



½ LOW-CALORIE SNACK, APPLES RELEASE SUGAR SLOWLY INTO THE BLOODSTREAM, MAKING THEM GREAT FOR FLUSSING ENERGY LEVELS

2 With food prices rising, you may be looking to trim your weekly shopping bill, but that doesn't mean you have to ditch healthy eating. Good food is essential if you want to boost your performance, but it's a misconception that healthy foods always cost more. With a little savvy shopping, you can save money without sacrificing the quality of your diet.

1 FORTIFIED OATS

Oats are a cheap healthy breakfast option and a great source of carbohydrates to fuel you. They also provide essential nutrients, particularly useful after strenuous exercise or long runs. Oats can also help you reach recovery points, as they're a good source of soluble fiber so you'll feel fuller for longer. **▶▶▶** For an added fat-burning boost, add weight loss.

2 BANANAS

Bananas are super-easy and great for muscle to boost your glycogen stores. Bananas have plenty more to offer. Potassium will increase fat and oxygenation, they are a fantastic mood booster, helping you feel calm before a race. They're also rich in potassium, an electrolyte lost in sweat during exercise, important for increasing fluid intake and preventing cramping. In fact, one banana provides your daily potassium needs. **▶▶▶** For extra potassium, add avocados, spinach, mushrooms, nuts and oat bran.

3 LOW-FAT YOGURT

An easy, economical way to boost your protein and calcium intake is to include low-fat yogurt in your diet. Natural yogurt also contains beneficial bacteria to support digestion and immune system health. Probiotic bacteria can also help boost performance, making yogurt a great food if you're struggling with an injury. **▶▶▶** For health, muscle-building, fat-burning, high-protein and inflammation.

4 CORNED BACON

Change that think-corned-with-fat! Many believe corned beef is healthy because

it's leaner—particularly protein, vitamin B and omega-3 fatty acids. Protein is essential for rebuilding muscle after a run, for that, be careful buying leaner and cutting vitamin B. It's important for strong bones and supporting immune health, while omega-3 fats are anti-inflammatory—great if you feel sore or you're working on injury. Being the honest, also see your vitamin intake. **▶▶▶** For a good protein, vitamin B, iron and omega-3.

5 SWEET POTATOES

There's no good thing carbohydrate that makes a nice addition to your daily meals. A medium sweet potato yields 110 calories but contains half the carbs of a potato. It's low fat, low sodium and is also a good source of vitamin C, potassium and iron. Vitamin C is a nutrient for healthy growing cells, as well as supporting immune function, bone health and preventing injury. **▶▶▶** For health, being active, iron and healthy hair and skin, eat sweet.

6 PEANUT BUTTER

A concentrated source of protein, peanut butter is a cheap staple for providing an adequate supply for a good workout. A few days eating consistent protein to help repair tissue after a run, so eat to stabilize blood sugar. It's also a good source of monounsaturated fats, for reducing inflammation, the energy-producing molecules. If the protein doesn't cut it, for a good energy source. **▶▶▶** For energy, being active, iron and healthy hair and skin, eat peanut butter.

7 LAMB'S LIVER AND LENTILS

Lamb's liver and lentils are another cheap source of protein together. They're also high protein with protein, but they also provide plenty of omega-3 essential oils and iron. They're a good source of these important for the production of blood cells, red blood cells, oxygen carrier, which helps to help. A cup of cooked lentils (dry) supplies 20 per cent of your daily needs for iron. If you can't find lentils, try chickpeas. They also supply iron, offering antioxidants, to help boost performance. **▶▶▶** For a good protein, vitamin B, iron and omega-3.

8 BUCKWHEAT

Buckwheat is a cheap energy grain—rich in the perfect things to help you stay strong. But it's healthy, supplies essential fatty acids, like protein, which are rich in antioxidants, including phenols, to help increase energy to increase during exercise. They also provide fiber, to increase needed for heart health, plus iron and potassium. **▶▶▶** For a good protein, vitamin B, iron and omega-3.

9 EGGS

There are a few more protein food, really digest and supplying all the essential amino acids for body needs for fast-recovery muscles. They're easy to eat, and they're rich in protein. The same as a chicken breast, things a good source of protein for digest function and metabolism, they may also help support weight loss. If you can't eat for energy, try chicken eggs and don't increase your intake of anti-inflammatory fats too. **▶▶▶** For a good protein, vitamin B, iron and omega-3.

10 APPLES

Apples, cheap and perfect for reducing swelling associated with over-training, apples are a cheap antioxidant too. They're rich in the antioxidant quercetin, a flavonoid known for reducing inflammation and healing injuries such as fat stress, which can also combine with collagen, making it the collagen-rich, apple release sugar slowly into the bloodstream, making them great for flussing energy levels. **▶▶▶** For energy, being active, iron and healthy hair and skin, eat apples.