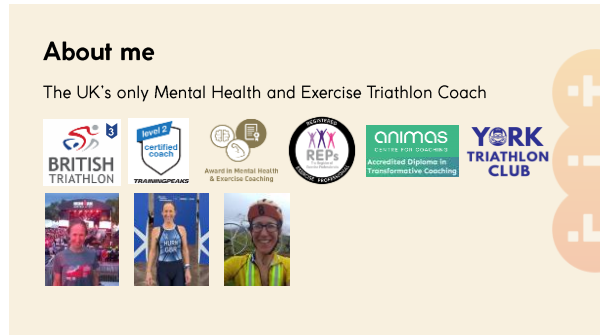




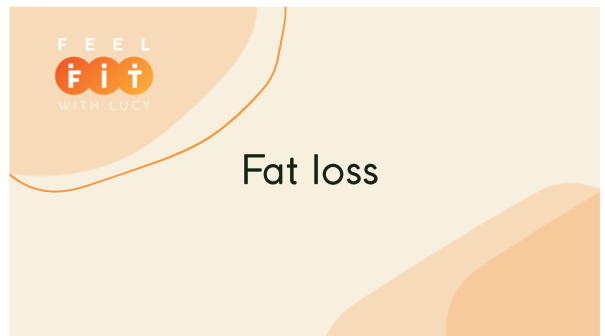
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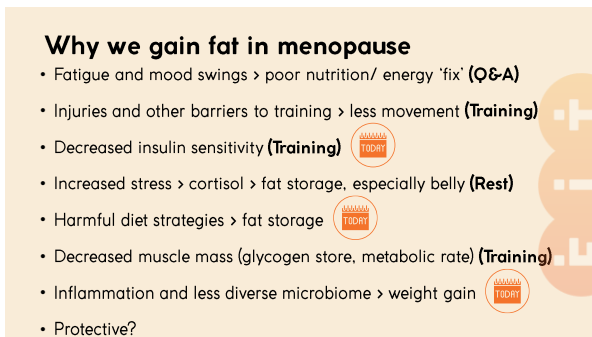
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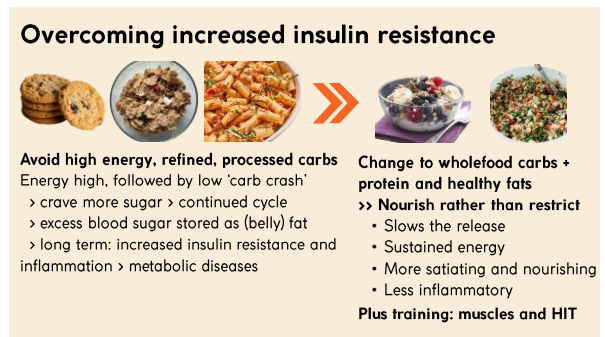
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6



Fuel your training

7

Fuel your training: carbs

If underfuel training you risk:

- Weight gain (!?)
- Being hungry
- Injury
- Muscle loss
- Less progress

Fuelling well supports you to:

- Train harder
- Recover better
- More adaptations
- Feel better, enjoy it more

8





Fuel your training: carbs

Enough stored for 60-90 mins


When to fuel: If been fasting, if above 60 mins or high intensity

Below that: If fatigued/ limited progress/ keep injured try fuelling

Do you underfuel your training? Do you know why?

Meals:  Training fuel:  Early morning:  Race fuel: 

9



Fuel your recovery

10

Fuel your recovery: protein


Aim for 1g (very minimum) - 2g for every kg of body weight /day

- To preserve muscle and bone
- To avoid injury

30g of protein each meal

+ Protein based snacks

"30-40 (incl 3) within 30" post training
(15g pre training)

 75 KG

75 KG x 1.5 = 110g

Do you get enough protein? Do you know what you'll do about it?

11

Protein: Don't overcomplicate it!

Check your most common breakfast, lunch and dinner options (weight typical portion, look at nutritional info)

Aim for a palm sized portion of (pure) protein

Supplement with snacks, shakes etc

 75 KG



75 KG x 1.5 = 110g

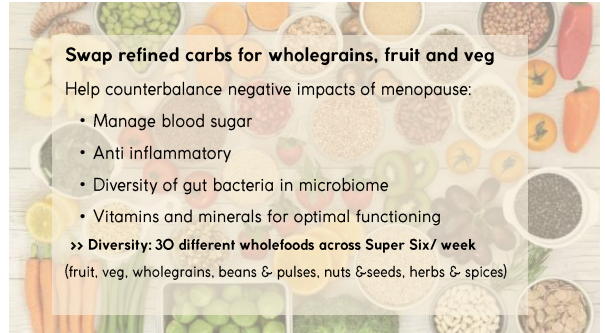


12



Reducing diet based causes of fatigue

13



Swap refined carbs for wholegrains, fruit and veg

Help counterbalance negative impacts of menopause:

- Manage blood sugar
- Anti inflammatory
- Diversity of gut bacteria in microbiome
- Vitamins and minerals for optimal functioning

>> **Diversity: 30 different wholefoods across Super Six/ week**
(fruit, veg, wholegrains, beans & pulses, nuts & seeds, herbs & spices)

14

“

The Feel Fit Foundations course encouraged me to try ... the challenge of 30 different wholefoods in a week

Within a month I noticed a huge difference.

I can't believe how much it's changed my mental and physical wellbeing. I haven't been ill since I started doing it! I can't recommend it enough.

”


Katie, Manchester

15

Other energy drains

- Chronic inflammation
- Eating too close to sleep – parasympathetic overload, 2-3 hours
- Too much/ too little carbs
- Lack of movement (plus sleep and recovery)
- Not enough water – brain is 75-80% water
- Alcohol (sedative rather than helping us sleep)
- Caffeine – Doctors recommend < 400mg a day. Could you reduce?

16



Supplements

17

Supplements, herbal remedies?


- Exercise caution / good judgement / Examine.com
- Food first
- Key areas to consider:
 - Iron – if fatigued
 - Magnesium – if trouble sleeping, heart palpitations
 - Vitamin D3
 - Creatine monohydrate (NB heart or BP medication)

18

Summary

- Avoid refined carbs, instead choose big mix of wholefoods
- Eat enough protein (1-2g/kg)
- Fuel training with carbs followed by protein after
- Avoid adding stress

19



Finding out more

20

Menopause Week:

- TUE** Launch Q&A
- WED** Introduction to menopause and training through it
- THU** Nutrition and menopause
- FRI** 12.30 - Mindset, rest and recovery through menopause

Look out for email with link to all sessions

21

Special offer: Light Touch off season plan

- **Get 50% off** for up to 4 months, valid Nov 24 – Feb 25
- Monthly coaching call
- Online training plan
- Discount on Club Feel Fit
- Base plan only, does not include race specific training builds
- **10 places only:** priority access for Menopause Week list
- ››› Book an intro call to find out more – See email for details!

22

My clients



“ I wanted to say a massive thank you. Obviously the training plan, but the **nutrition support** and mostly the **mindset/working on my anxiety made so much difference!** ”
Issy, 30, York




“ I've been following Lucy's training plans for 3 years and I've **never felt fitter, stronger or happier!** I felt confident in my training and exceeded my expectations on race day. Lucy gave me the structure, **support and confidence to be ready for race day** ”
Rachel, Guilford, 52

23


Social media and emails

Follow me on Facebook and Instagram @feelwithlucy



See my weekly(ish) emails for support and inspiration

24



Questions? Feedback?

Get typing or hands up

25

But isn't fasting good for me?












- Good for what? What is your goal? Good for who? What do you mean by fasting?
- **Potentially good for:** If obese/ diabetic, especially men, those with cancer risk (with caveats), those with PCOS in follicular phase (all with caveats)

Avoid:

- If history of eating disorders/ disordered eating
- Your body is already stressed (menopause highly stressful)
- When exercising, must fuel training (esp meno women)
- Is disrupting circadian rhythm e.g. 7-7 far better than 12-8 (if allows for exercise).

26

Sample protein

	3 poached eggs – 6g x3 1 slice granary toast – 5g		1 x chicken breast c 24g/ 100g or 36g per breast		1 x salmon steak c 25g/ 100g or per steak
	Bowl of cereal/ porridge (30g) – 3g Milk (200ml) – 7g Soya milk (200ml) – 6g		Tofu – 13g/ 100g, 26g per half pack		Veggie sausage - c 15g/ 100g or per 2 sausages
	Pot of Greek yoghurt (170g) – 9g/100g		Canned chickpeas - c 7g/ 100g or 8g per 1/2 can		Can of tuna – 27g/100g (drained), usually c 15g/ can
	Cooked lentils – 9.5g/ 100g or 7.5g in 80g serving				

27