# Arseny Chernov – for Standard Chartered Singapore Marathon 2018

Self: bit.ly/arseny-chernov-scsm2018

Interview for Singapore TV (MediaCorp) https://youtu.be/cbnTAHD4fLI

Episode 4

Youtube: https://youtu.be/HqpkLKJQNGM

Facebook Live! https://www.facebook.com/SGmarathon/videos/169965707291256

Episode 3

Youtube: https://youtu.be/Xfw3yQl1P1U

Facebook Live! Coming to you... - Standard Chartered Singapore Marathon

Episode 2

Youtube: https://youtu.be/Qee7G01BKCc

Facebook Live! Coming to you... - Standard Chartered Singapore Marathon

Episode 1

Youtube: https://youtu.be/kk7DDQEqOOw

Facebook Live! https://www.facebook.com/SGmarathon/videos/220918988588253/

# **Fitness**

# **GETTING NUTRITION RIGHT**

# Prepare better for next month's Standard Chartered Singapore Marathon with these general tips

## **Arseny Chernov**

Nutrition planning is crucial for long-distance running – it helps one become faster and recover better.

Here are general tips for those preparing for the Dec 9 Standard Chartered Singapore Marathon:

#### GETLEANER

Focus on cutting weight for your "big day". Calculate your Body Mass Index (BMI). If your BMI is at the borderline of the "Healthy" and "Overweight" ranges, reduce daily calorie intake by 10 per cent to 15 per cent. Go to www.healthhub.sg/programmes/93/bmi-calculator to find out your BMI.

Avoid oily and deep-fried food. Many mistakenly assume that cutting rice is sufficient to cut calories. However, it is oily, deep-fried food and sauces that are the primary causes of excessive calorie intake.

Another misconception many runners have is that high intensity training (e.g. fast runs, HIIT, heavy weight training) will help us to burn fat. The truth is, to burn one gram of fat, we need to inhale two litres of oxygen and this is only possible during aerobic exercise like slow runs, walking and stair climbing.

Take the stairs wherever you can, and aim to clock 10,000 steps daily – excluding the ones clocked on your runs.

# HEALTHY BREAKFAST AND SNACKS

A hearty breakfast will keep you going until lunch without snacking.

Pay extra attention to your snacks because they tend to be "cheat meals". If there is a need to grab a snack, take a piece of fruit.

#### SIMPLE AND CONSISTENT LUNCH

For lunch, make your healthy food choice and stick to it most of the week. There are fewer surprises for your training body and a consistent supply of good nutrients.

Our best advice for a simple and fast lunch in Singapore is yong tau foo. But order only the soup without noodles, coupled with vegetables and no fried-food options.

You may vary your dinner

choices but avoid oily and fried food with lots of heavy sauces.

#### THINK WEEK-TERM

A maximum of one-fifth of your weekly portions can be a combination of fried, sweet, fatty meats.

The other four-fifths should come from vegetables, fruit, whole grains, snacks such as fruit, lean meat, non-roasted nuts, and so on.

Don't stress yourself too much with calorie counting and think in portion terms that you define for yourself (for example, a bowl that you usually use at home). Eat if you feel hungry but make sure that 80 per cent of your weekly food portions are made of high-quality food choices.

#### **AVOID COMPENSATION**

Stop "rewarding" yourself with calorie-rich food after routine exercise. Any exercise that is not considered long distance in terms of your personal running plan needs only rehydration.

#### RACE WEEK AND RACE DAY

Do not make changes to your nutrition if you are running the half-marathon or less.

If you are running the marathon,

it is better to do carbohydrate loading during the last three days before race day.

During this phase, 70 per cent of total calories should come from carbohydrates. Aim to eat 7-10g of carbohydrates per 1kg of your body weight the day before. This will help you to avoid "hitting the wall" during the last stretch of your race.

On race day, have a good breakfast two to three hours before the flag-off. This should be a meal familiar to your body.

Stop hydration an hour before flag-off. It is a good idea to have a cup of coffee or take a caffeine pill with a sip of water to get an energy boost. On the start line, one to two minutes before the horn blows, take one sport gel.

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• Arseny Chernov is the Nutrition and Endurance Coach for this year's Standard Chartered Singapore Marathon. He and his wife Liliia Shamsutdinova founded FoodBuddy, where one can seek coaching and nutritional advice. They have prepared sample recipes for the SCSM 2018. These can be found at http://bit.ly/foodbuddy-recipes

Singapore Sunday Times, 4. November 2018 page A22.

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