

#RUNNINGISFUN

APRIL NEWSBYTE



Star Runner in our Camp

Its that time of the year again, we are in the grip of Comrades fever! The 2024 uprun on 9 June promises to deliver yet again on challenging each athlete's perseverance and fortitude. At DietSense nutrition is front & center. Tailored fueling results in consistent performance without gut issues. We can team up with you in getting your nutrition right for D-Day!

The "Big 5" you got to negotiate includes:

- ✓ Diet (Botha's Hill)
- ✓ Mental Attitude (Inchanga)
- ✓ Training Load (Field's)
- ✓ Injury Management and (Polly's)
- ✓ Life Balance (Cowies)

Get these right and you can rest assured – your efforts will be well rewarded!

We earned bragging rights when assisting this athlete to improve on his (already impressive) 1st bronze medal (10hrs 4mins). Focusing on stage-nutrition during the building, peak & taper phases primed him for race day. When & What to Eat on the day added to the performance and boy, did he deliver?! A Bill Rowan (8hrs 48mins) AND a negative split! Never been prouder!

May your feet hit the road in a rhythm that sings!

DietSense Team