

# HOW DO I SET AN EXCITING GOAL?

Our *healthy* panel on marathon nutrition, rest days and setting challenges you'll want to stick to

## → THE HEALTHY PANEL



**NIKI REIN** is founder and creative director of Barrecore (barrecore.co.uk)



**CHRISSIE WELLINGTON** is a retired British professional triathlete,

four-time Ironman Triathlon World Champion and author of *To The Finish Line* (Constable, £18.99)



**KIM PEARSON** is a nutritionist and weight-loss specialist with more than

10 years of clinical experience (kim-pearson.co.uk)

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How do I set a new, exciting goal?

**(A) Chrissie says:** Follow your passion! Think about what you enjoy and what makes you happy. Think about someone who has inspired you, or about an activity that has piqued your interest but you've never pursued. It doesn't have to be a huge flame, a little spark is enough to start a future fire burning. Be clear about your motivations. You might decide to complete a 5k to improve your health, meet new people, honour a loved one's memory or raise money for charity. Tell your family and post it on social media – verbalising your intentions help to make it real and hold you accountable when you suffer from a motivational wobble.

## HOW LONG SHOULD I REST BETWEEN WORKOUTS?

**(A) Niki says:** This is tough to answer. Lower-intensity training, such as swimming, walking, hatha yoga and moderate cycling can be done daily without rest. For moderate exercise, such as power yoga, barre, spinning, running or weight training, a rest every two to three days will aid muscle recovery and allow time for results to show. If doing high-intensity training, such as HIIT classes, heavy weight training or Crossfit-style classes, train just three or four times a week, allowing at least a day's rest in between. These can include some low-intensity exercise, but muscle breakdown should be kept to a minimum.



## I'VE STARTED TRAINING FOR A MARATHON – SHOULD I BE MAKING ANY DIET CHANGES?

**(A) Kim says:** When training for a marathon you should still be eating a healthy, balanced diet and drinking plenty of fluids. The main part of your

diet should be focused on quality sources of protein, a wide variety of different vegetables and sources of healthy fats. Track your training miles to assess your increased calorie needs. It's easy to overestimate how many calories you're burning! After training, consume protein to support muscle recovery and carbohydrates to replace energy. **(B)**