betic FIRST MARATHON WITH DIABETES

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TEST: Are you ready to run your first marathon with diabetes?

Q1. Do marathon plans work?

Q2. What is the most supportive thing you do to help you stick to your marathon plan?

Q3. I listed three different types of runs, what were they?

Q4. I talked about the acronym T.A.R.D.I.S. what does it stand for?

Q5. Your body has three different energy systems, what are they?

Q6. What is sexy about nutrition?

Q7. What do Carbohydrates, Fat and Protein break down into when you eat them?

Q8. Your body has three fuel tanks, list them (1 point each)

Q9. What is your body's go to source of fuel?

Q10. What is your body's back up source of fuel?

Q11. What is your body's emergency source of fuel?

Q12. What is glycogen?

Q13. Where is glycogen stored, and in what percentages?

Q14. What is the common term for your glycogen stores running out?

Q15. Active Recovery is a 5 stage process, list the 5 stages?

Q16. When you run at a fast pace what is the dominant energy system your body uses to create energy? And, which fuel tank does it use?

Q17. When your run at a moderate to slow pace what is your dominant energy system your body uses to create energy? And, which fuel tank does it use?

Q18. What is the most important muscle in your body?

Q19. Does strength training help you run?

Q20. Why does strength training help you run better?

Total Points: 37

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Al. Yes, of course they do.

A2. Recruit a cheerleader

A3. 1. Solo Runs

- 2. Social Runs
- 3. Event Runs

A4. 1. Time

- 2. Add Relative Distance
- 3. Increase Speed

A5. 1. The Phosphate Creatine system

- 2. The Anaerobic system
- 3. The Aerobic system

A6. There is nothing sexy about nutrition, however, it is super important for your running performance.

A7. 1. Carbohydrates break down into glucose

- 2. Fat breaks down into fatty acids
- 3. Protein breaks down into amino acids
- A8. 1. Glucose
 - 2. Glycogen
 - 3. Fat

A9. Glucose

A10. Fat

All. Protein

A12. Stored glucose.

A13. Up to 20% in your liver and up to 80% in your muscles.

A14. Hitting the wall or bonking.

A15. 1. Slowdown

- 2. Refuel
- 3. Posture
- 4. Talk
- 5. Breathe
- A16. 1. Anaerobic (no oxygen) 2. Glycogen
- A17. 1. Aerobic (uses oxygen)
 - 2. Glucose
 - 3. Fat

A18. Your heart.

A19. Yes.

A20. The bigger your muscles then the bigger your warehouse so the more glucose your body can convert and store as glycogen, which means a bigger glycogen fuel tank.