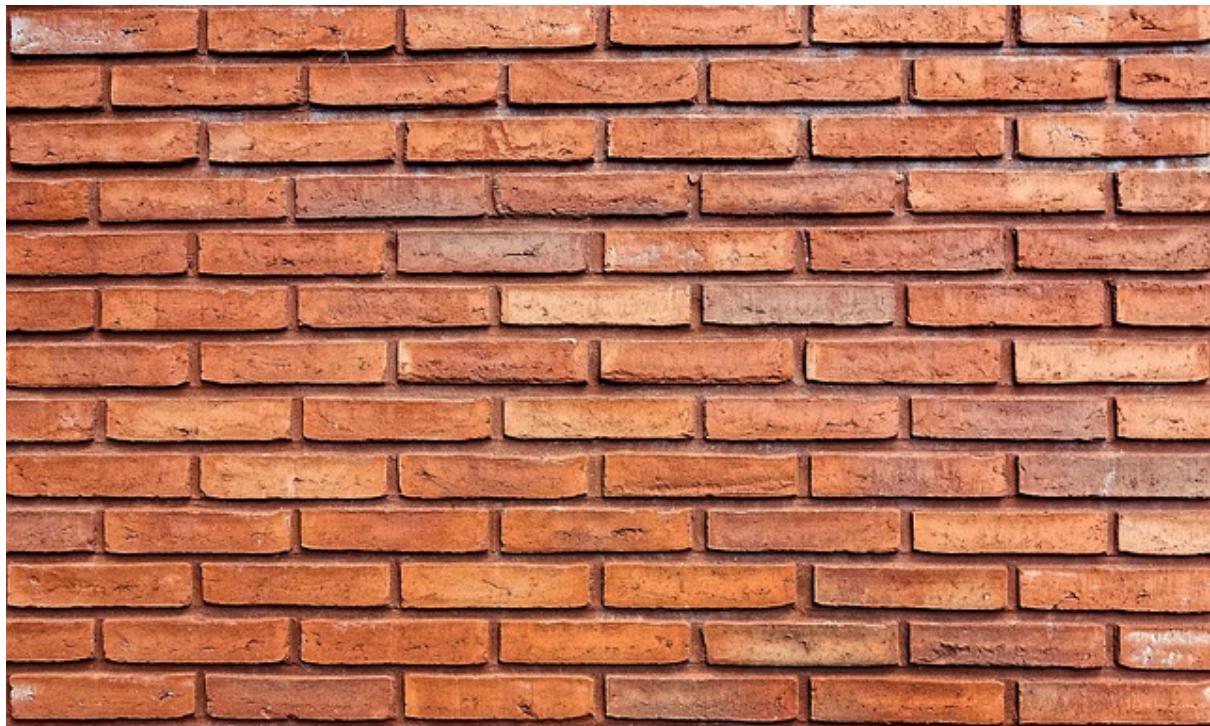


Short Run, No Energy, Whoops!

12/12/2023

JamesD-BeyondTheFinishLine

I've been trying hard to get back into this running lark while making sure I don't overdo it by trying too hard too soon and ending up sore, tired, and putting myself off again.



I headed out for my short run this evening (only 4 miles so it should have taken 30 mins tops) and I could tell from the off that I might have a problem with my energy levels.

Sure enough, as I cleared 2 miles and started to pick up the pace (kind of feeling okay), very suddenly my head was spinning and my legs felt very, very weak. Within a minute I was walking and felt completely drained. I say walking, but it was more like a staggering zig zag as I tried to get control of myself even though I felt like I could keel over any second. I managed to somehow run the majority of the

rest of the run but I felt far from good doing so. There wasn't any major target, it was just a short run to get me back in the habit and burn off some calories.

So why did this happen? The obvious answer, in this case, is that I've been cutting back on calories and upping my calorie burn as part of the initial 3-week phase of a planned longer-term diet. I didn't feel hungry through late afternoon so I thought I'd easily manage such a short run. I managed it, but with a lot of difficulty!

I used to be very big on diet planning for running and exercise in general, making sure my portion sizes, the type(s) of food, and the timing were all just right. It had eventually become second nature to know what to eat and when without writing it down or typing it up. Somewhere along the way I've started playing it fast and loose which reminds me of the bad old days where I'd hammer into the exercise, with no real thought for what I'd eaten beforehand, hoping I'd have the energy to get the job done.

Today's debacle has served to remind me that I need to get my house in order when it comes to planning my pre and post-exercise snacks and larger meals.

The following are some possible causes of a sudden depletion of energy when running:

1. Insufficient Pre-run Nutrition:

- Consuming an inadequate amount of carbohydrates before a run can lead to a lack of glycogen, which is the body's primary energy source during aerobic activities like running.

2. Poor Hydration:

- Dehydration can impact energy levels and overall performance. When the body is not properly hydrated, it hinders the transportation of nutrients and can result in early fatigue.

3. Inadequate Electrolytes:

- Electrolytes, such as sodium and potassium, play a crucial role in maintaining proper fluid balance and muscle function. Sweating during a run can lead to an imbalance, affecting energy levels.

4. Overtraining:

- Running too frequently or pushing oneself too hard without adequate rest can lead to overtraining. This can cause fatigue, muscle depletion, and a decline in overall energy levels.

5. Low Blood Sugar (Hypoglycemia):

- For individuals with diabetes or those who haven't eaten properly before a run, low blood sugar levels can occur, leading to a sudden drop in energy.

6. Inadequate Post-run Recovery:

- Failing to refuel and rehydrate adequately after previous workouts can leave the body depleted, affecting energy levels during subsequent runs.

7. Stress and Lack of Sleep:

- Stress and insufficient sleep can negatively impact energy levels. These factors can affect hormonal balance and interfere with the body's ability to recover and perform optimally.

8. Medical Conditions:

- Certain medical conditions, such as anemia or thyroid disorders, can contribute to fatigue during exercise. It's important to consult with a healthcare professional if persistent fatigue is a concern.

To avoid rapid energy depletion during a run, it is important to pay attention to nutrition, rest, hydration, and recovery. Adequate preparation, including proper fueling before and after runs, staying hydrated, and allowing sufficient recovery, can significantly contribute to sustained energy levels and overall performance.