

## Real Runners Talk: The Best Fuel For Running A Marathon

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By Hanna Brooks Olsen



## **Coconut water**

Though it's been maligned as kind of hipster BS, coconut water is actually really rich in a lot of important nutrients that you lose when sweating. <u>Tara ZimlikiI, CPT and Bootcamp</u> <u>instructor</u> swears by the stuff.

"I've found from my experience in running 18 marathons and hundreds of longs runs that what you eat while running depends on your own preferences... I find training with coconut water is the easiest to tote. Coconut water is loaded with potassium - in fact, much more than any sports drink. Potassium helps to maintain water balance and helps trigger muscles to perform best."

Image via Vita Coco