

# Lucozade Sport Science Support

How Lucozade can help your running

Explaining

- Needs States of
  - Fuel
  - Hydration
  - Recovery
  - Focus
  - Strength
- Science behind the recommendations
- **SAMPLE PRODUCTS will be available**
- Seasons best for 5mile 29:10 with help of Caffeine Boost, Matt Allen, Centurion 07/03/10



Emma Kingzett BSc (Hons), MSc  
Sport Scientist

**Tuesday 23 March 20:15**

**Committee Room** (in the club house)

Please speak to Ellen Ambrose or  
Matt Allen to confirm your attendance or

ask any questions

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