



Real Runners Talk: The Best Fuel For Running A Marathon

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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. [Tara Zimlikl, CPT and Bootcamp instructor](#) swears by the stuff.

"I've found from my experience in running 18 marathons and hundreds of long 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