Long ride: 180 min +

PRELOADING
THE DAY BEFORE

PRE-RACE
1–4 HOURS BEFORE□

DURING THE RACE

Nothing

Nothing

Aim for 30-60g of carbohydrates per hour.

1 x Drink Mix 160 = 40g
1 x Gel 100 CAF 100 and 1 x Gel 100 = 50g
1 x Drink Mix 160 and 1 x Gel 100 = 65g

The Maurten range of sport fuels can act like a modular system, enabling athletes to pick and choose their preferred format and still get the right amount of carbohydrates per hour□.

Maurten recommends:

How do I combine Maurten products to get the right amount of carbohydrates per hour for my sport?

The Maurten range of sport fuels can act like a modular system, enabling athletes to pick and choose their preferred format for the training and racing situation. Products can be combined to attain the desired amount of carbohydrates. Fueling should be considered before, during and after an activity. Load glycogen stores before, maintain performance throughout, avoid depletion and recover to go again next time.

Gel 100: 25 grams of carbohydrates

Gel 100 Caf 100: 25 grams of carbohydrates + caffeine

Gel 160: 40 grams of carbohydrates

Drink Mix 160: 40 grams of carbohydrates

Drink Mix 320: 80 grams of carbohydrates

Drink Mix 320 Caf 100: 80 grams of carbohydrates + caffeine

Solid 225: 44 grams of carbohydrates

Solid 225 C: 44 grams of carbohydrates.

Why should I use sports nutrition during training as well as racing?

There are two aspects to this.

1. Training enables your body to adapt to the demands of your target race. Fueling your training appropriately helps your body to process the physical demands of each session. Training intensity varies from one session to the next, so it's important to consider how you fuel before, during and after. Underfueling your training increases the likelihood of fatigue, depletion and slower recovery. In extreme circumstances it could leave an athlete more exposed to injury or illness.

2. Training is not just about priming the right muscles groups for racing, but it also helps to prepare your guts for race day nutrition. It builds tolerance to carbohydrate intake during high intensity activity and lets you practice with the textures and logistics of fueling. How do you carry the fuel you need? How do you open your gels while running? Training let's you practice and learn what works for you so that there are no surprises once you pass the start line.

How can hot weather conditions affect my nutrition plan?

In hot weather your fueling plan is unlikely to change. However, hydration needs will vary as temperature and sweat loss increase, accelerating the risk of dehydration. Dehydration inhibits the body's ability to regulate temperature. In general, it is suggested that performance capacity decreases when an athlete surpasses a 2% loss in bodyweight from fluid loss.

Hydration needs are highly personalized — heat, intensity, duration, body composition, fluid tolerance and prior training will all impact fluid loss. Training gives the opportunity to understand how your body responds to fluid loss during different conditions, intensities and durations. Try weighing yourself before and after training to refine a hydration plan. Remember that race day could be hot weather, so it's important to be prepared for that.

The American College of Sports Medicine recommends replacing 150% of lost fluid soon after training or racing at a maximum rate of 1.2L per hour.