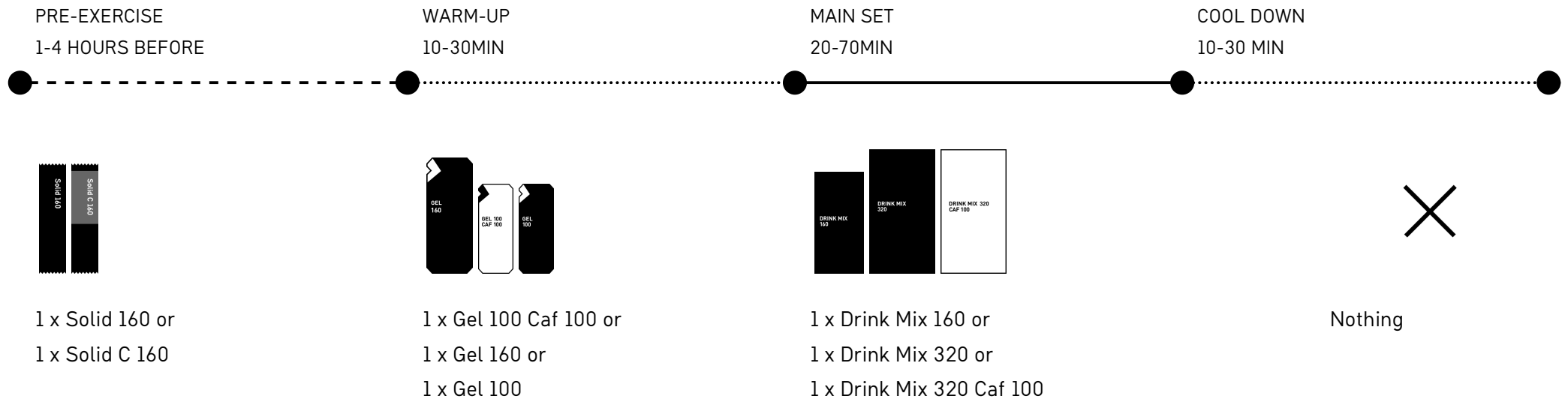


# Threshold or tempo intervals: 20-70 min



# Maurten recommends:

---

Intervals of 3-15 min duration at an intensity around □ half-marathon pace or slightly faster. □

Typical sessions could be: □

6-10 x 1000m with 1 min recovery, □

4-8 x 2000m with 1-2 min recovery, □

3-5 x 5000m with 1000m easy jog in between.□

A runner can accumulate more total time compared to a □continuous threshold run.

[What is interval training?](#)

[Source: Haugen et al., 2022](#)

Interval running alternates between periods of hard effort and slow recovery phases. Unlike Fartlek running, the changes in pace (intervals) are normally well structured — evenly spaced throughout the session to specific timings or distances (if track-based). Interval training is usually a shorter session and can be done without running far from home. While training for 60 minutes or less doesn't necessarily need specific fueling, to account for the intensity, it can be beneficial to sip Drink Mix 160 during the rest phases of interval training. This isn't just for fueling the session, but to also ensure that you start the replenishment of glycogen stores before finishing — benefitting recovery ahead of the next workout.

## **Why should I use sports nutrition with Caffeine??**

While studies have suggested that caffeine could promote alertness and reduce perceived effort, and that these are attractive properties in sport, caffeine can't be said to enhance performance. Reported benefits are highly nuanced and tolerance to caffeine can vary greatly between individuals based on, amongst other things, body composition, dosage and timing

Caffeine effectiveness is dose-dependent. The response is highly individual and therefore it should not simply be considered that more is better. Caffeine is rapidly absorbed in the blood within 5–15min, and peaks within 45–90 min (half-life 180–300min).

Developing a nutritional strategy for races or key sessions is complex. Caffeine absorption and metabolizing rate varies between individuals. There are two key factors that should be considered:

- 1) your body weight; and
- 2) your previous exposure to caffeine.

## **What's the difference between Maurten Gel 100 and Gel 160?**

Gel 100 and Gel 160 use the same patented Maurten Hydrogel Technology with the same ratio of fructose and glucose — 0.8:1. Gel 100 has 25 grams of carbohydrates and Gel 160 has 40 grams. Gel 160 is well suited to longer endurance races and sessions where fueling opportunities are less frequent. The larger format enables athletes to carry fewer sachets but still benefit from the same proven hydrogel performance. Both sizes are interchangeable, depending on the training or racing situation. It's a system that enables athletes to fine-tune their fueling strategy.