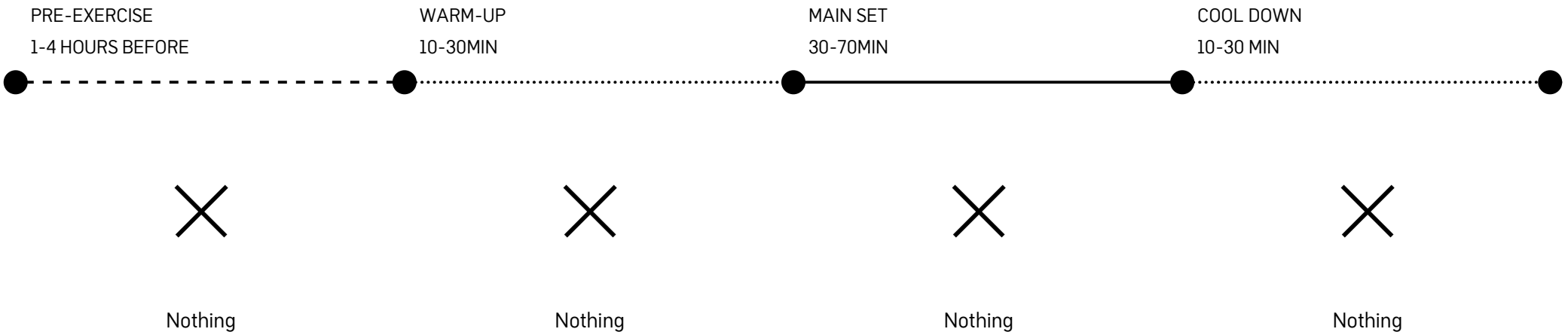
Easy/Recovery ride: 30 -70 min



Maurten recommends:

Low-intensity cycling — slower than race pace.
Commonly used as supplementary to a main training session or as light recovery.
The low intensity does not typically require sports nutrition for fueling. If a long period has passed since eating then a light snack or Gel 15-30 minutes before could be helpful.
In hot conditions it is advised that athletes sip water.

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No. Not every session is a duration or intensity that requires sports nutrition and fueling. In general, training under 60 minutes can be achieved with the glycogen already stored in the muscles, supplemented with water. During harder interval sessions it can be helpful to take short sips of Maurten Drink Mix 160 in the rest and recovery phases of the workout. For workouts that don't require in-session fueling the emphasis should be on adequate carbohydrate during the pre-exercise and warm-up periods.