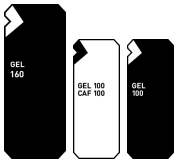
Lactate tolerance

PRE-EXERCISE 1-4 HOURS BEFORE	WARM-UP 10-30MIN	MAIN SET 20-70MIN	COOL DOWN 10-30 MIN
			
1 x Maurten Bicarb System	1 x Gel 100 Caf 100 or 1 x Gel 160 or 1 x Gel 100	1 x Drink Mix 160 or 1 x Drink Mix 320 or 1 x Drink Mix 320 Caf 100	Nothing

Maurten recommends:

Intervals typically range from:□

150-600m at 800-1500m race pace □and 1-3 min recoveries. □

□

Typical sessions are:

8-16 x 200m with 1 min recovery or

one-to-two sets of 10 x 400m with 60-90s □and 3-5 min recoveries between intervals and sets. □

Total accumulated distance ranges from 1500-8000m.

What is a lactate tolerance session?

Source: Haugen et al., 2022

Your functional threshold power (FTP) is a benchmark against which most bike training sessions are set. Knowing the FTP enables an athlete to train at the right level for their current ability. The FTP is the average number of watts that a cyclist can sustain for one hour and it provides a good indication of rider fitness. Attaining an FTP score requires a test. There are different methods, but the most accessible is a ramp test. In this test an athlete will complete a short warm-up and will then ride with regular increasing power output until the point of exhaustion — when the rider is no longer able to sustain the required power to continue the test. A Ramp Test will feel very easy to start with and then after a certain point will quickly become increasingly challenging. It takes a lot of mental focus to push to the point of absolute failure and get the best results from a test of this nature.

Main set: take 1-2 sips of Drink Mix between sets.

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.