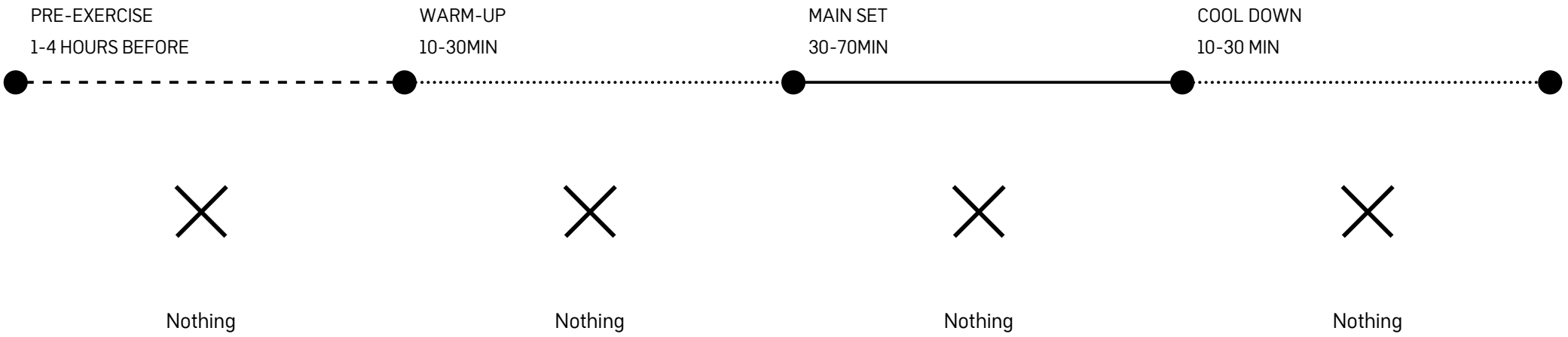
Sprints


PRE-EXERCISE
1-4 HOURS BEFORE
WARM-UP
10-30MIN
MAIN SET
30-70MIN
COOL DOWN
10-30 MIN
Nothing
Nothing
Nothing
Nothing

Maurten recommends:

Repeat 5-15s runs with near maximum effort and full recoveries. □
These can also be performed as strides, progressive runs, hill sprints or flying sprints. □
The main aim of the session is to develop or maintain □maximal sprinting speed without producing high levels of lactate.

Do I need to fuel every training session with sports nutrition?

Source: Haugen et al., 2022

Do I need to fuel every training session with sports nutrition?

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.