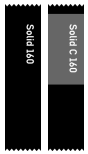
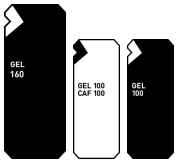
# Fartlek: 30-60 min

An unstructured run of varying pace — a mix of fast and slow.
The pacing variations are determined in-the-moment by the athlete's feelings, rhythms, and the terrain.

What is a Fartlek training session?

---

| PRE-EXERCISE<br>1-4 HOURS BEFORE | WARM-UP<br>10-30MIN | MAIN SET<br>30-60MIN | COOL DOWN<br>10-30 MIN |
|---|---|---|---|
|  |  | | |
| 1 x Solid 160 or<br>1 x Solid C 160 | 1 x Gel 100 Caf 100 or<br>1 x Gel 160 or<br>1 x Gel 100 | Nothing | Nothing |

# Maurten recommends:

Fartlek involves intermittently varying the pace of a training run — alternating between faster and slower or moderate pace at the preference of the athlete. Unlike an interval session, the duration of the changes in pace are often unstructured and determined by feel and terrain. Fartlek sessions tend to be a more accurate representation of changes in pace that might occur during a race. The session is also a good way for an athlete to learn how their body reponds to unpredictable changes in pace or effort over varying terrain. And to learn the importance of running on feel.

**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.