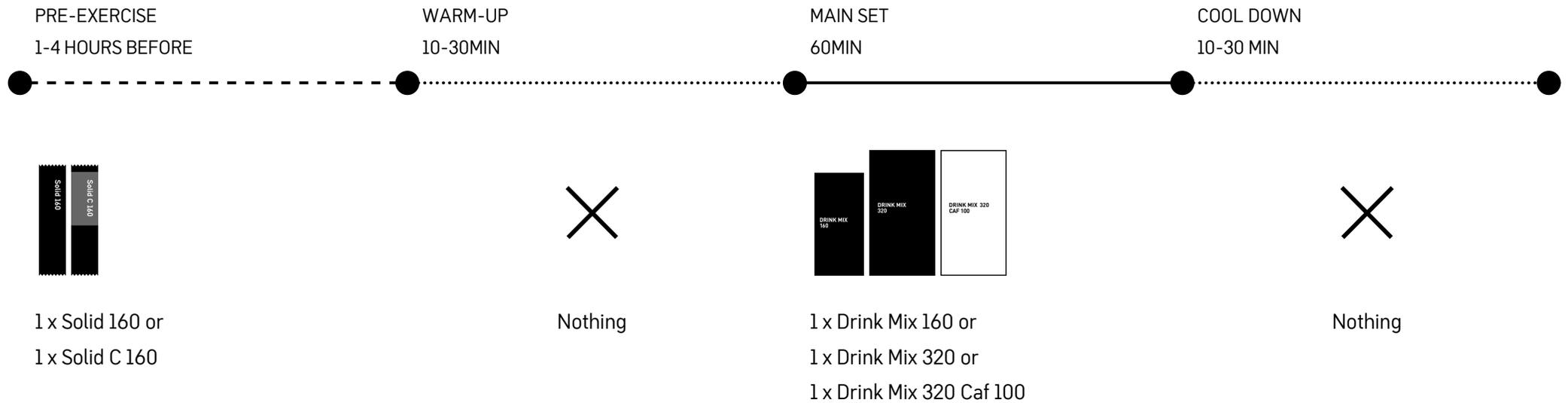


Sprint specific



Maurten recommends:

Sprinters on the road use a cadence around 110 rpm □when they start their sprinting and accelerate to 120 rpm.□

At other points during the session, cadence is kept around 85-100 rpm□

□Main set includes two 4 x 10 second sprints with 5 min □between and 20 min rest in between sets

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

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.