Ultra distance: 50-100 km/miles

PRELOADING
THE DAY BEFORE

1 x Drink Mix 320 or
1 x Solid 160

PRE-RACE
1-4 HOURS BEFORE

1 x Drink Mix 160 or
1 x Solid 160

DURING THE RACE

Aim for 30-60 grams of carbohydrates per hour.

1 x Drink Mix 160 = 40g
2 x Gel 100 = 50g
1 x Drink Mix 160 and 1 x Gel 100 = 65g

The Maurten range of sport fuels can act like a modular system, enabling athletes to pick and choose their preferred format and still get the right amount of carbohydrates per hour.

Maurten recommends:

How do I combine Maurten products to get the right amount of carbohydrates per hour for my sport?

The Maurten range of sport fuels can act like a modular system, enabling athletes to pick and choose their preferred format for the training and racing situation. Products can be combined to attain the desired amount of carbohydrates. Fueling should be considered before, during and after an activity. Load glycogen stores before, maintain performance throughout, avoid depletion and recover to go again next time.

Gel 100: 25 grams of carbohydrates

Gel 100 Caf 100: 25 grams of carbohydrates + caffeine

Gel 160: 40 grams of carbohydrates

Drink Mix 160: 40 grams of carbohydrates

Drink Mix 320: 80 grams of carbohydrates

Drink Mix 320 Caf 100: 80 grams of carbohydrates + caffeine

Solid 225: 44 grams of carbohydrates

Solid 225 C: 44 grams of carbohydrates.

How can hot weather conditions affect my nutrition plan?

In hot weather your fueling plan is unlikely to change. However, hydration needs will vary as temperature and sweat loss increase, accelerating the risk of dehydration. Dehydration inhibits the body's ability to regulate temperature. In general, it is suggested that performance capacity decreases when an athlete surpasses a 2% loss in bodyweight from fluid loss.

Hydration needs are highly personalized — heat, intensity, duration, body composition, fluid tolerance and prior training will all impact fluid loss. Training gives the opportunity to understand how your body responds to fluid loss during different conditions, intensities and durations. Try weighing yourself before and after training to refine a hydration plan. Remember that race day could be hot weather, so it's important to be prepared for that.

The American College of Sports Medicine recommends replacing 150% of lost fluid soon after training or racing at a maximum rate of 1.2L per hour.