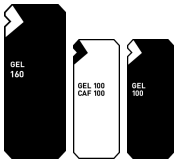
40/20s intervals

PRE-EXERCISE
1-4 HOURS BEFORE

Nothing

WARM-UP
10-30MIN



1 x Gel 100 Caf 100 or
1 x Gel 160 or
1 x Gel 100

MAIN SET
60MIN



1 x Drink Mix 160 or
1 x Drink Mix 320 or
1 x Drink Mix 320 Caf 100

COOL DOWN
10-30 MIN

Nothing

Maurten recommends:

In this sessions riders will simulate the punchy efforts often arising in cycling races.

Main set includes 4 x 5 min of 40/20 sec alternating efforts between 120-130% of FTP and 20-30% of FTP. Rest 10 min in between sets.

What is a 40/20 session?

What is an FTP test?

Source: Haugen et al., 2022

What is a 40/20 session?

40/20s are a type of interval session, commonly used in cycling training. 40 seconds of hard effort (130% of functional threshold power) are followed by 20 seconds of rest or very easy riding (active recovery). Typically 40/20s involve 4x5 minutes of intervals with 10 minutes between each set. This session has a reputation for being tough so it's important to consider all aspects of fueling — before, during and after.

What is an FTP test?

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.