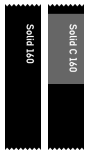
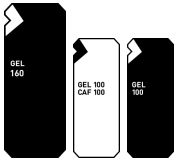
Tempo run: 20 - 45 min

A sustained run at moderate intensity or a little slower than the race pace you are training for.
The session should not be extremely fatiguing or exhausting. No fueling required during the main set or cool down.

PRE-EXERCISE 1-4 HOURS BEFORE	WARM-UP 10-30MIN	MAIN SET 20-50MIN	COOL DOWN 10-30 MIN
			
1 x Solid 160 or 1 x Solid C 160	1 x Gel 100 Caf 100 or 1 x Gel 160 or 1 x Gel 100	Nothing	Nothing

Maurten recommends:

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.