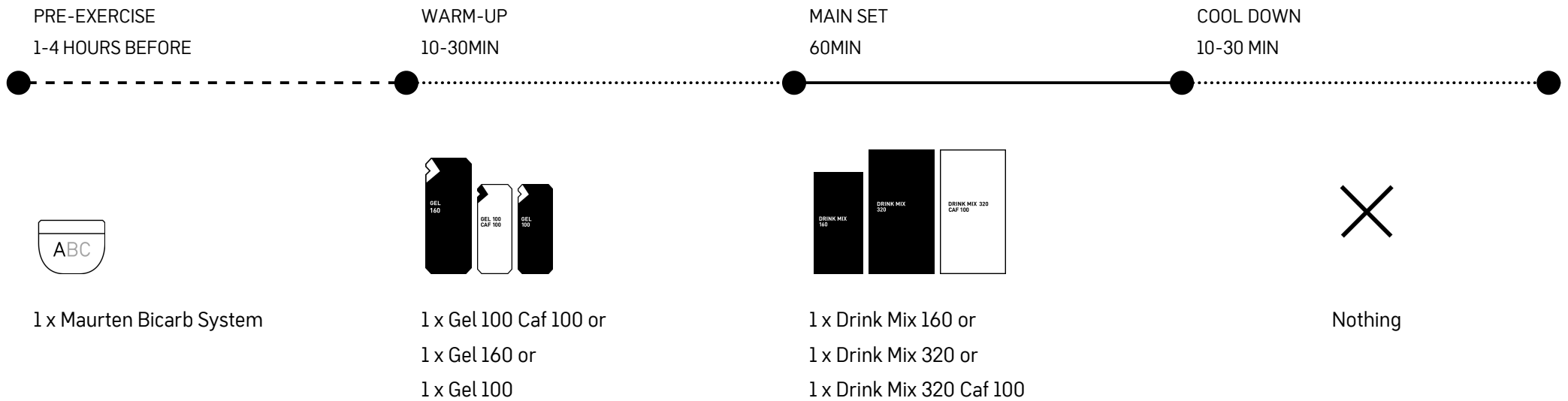


Over/Under intervals



Maurten recommends:

In this sessions riders will increase the ability to □withstand accumulated levels of lactate. □

□Main set includes:

4 x 5 min of 30/30 sec □alternating efforts between 90-95% of FTP □and 110-120% of FTP. Rest 10 min in between sets.

[What are over-unders?](#)

[What is an FTP Test?](#)

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

What are over-unders?

Over-under training sessions are structured interval workouts that alternate between specific effort peaks and valleys either side of an athlete's functional threshold power (FTP). Exercising just above (over) FTP builds lactate, limiting performance. Reducing the intensity to just below (under) FTP conditions the body to process the lactate, even when the effort is still relatively high. Over-unders are an effective means of building FTP and simulating the sensations of racing.

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.