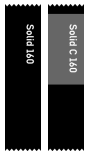
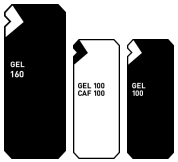
VO2 Max intervals: 12-20 min

PRE-EXERCISE
1-4 HOURS BEFORE



1 x Solid 160 or
1 x Solid C 160

WARM-UP
10-30MIN



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

MAIN SET
20-70MIN

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:

Intervals of 2-4 min in duration at 3-10k pace □ with 2-3 min recovery periods in between. □
Typical sessions are :

4-8 x 800m or two sets of 6 x 400m with 30-60s □and 2-3 min recovery in between intervals and sets. □

This method is more specific for track runners □than marathoners.

What is VO2 Max?

Source: Haugen et al., 2022

VO2 Max is the maximum oxygen consumption of an individual during intense exercise. The higher the number, the better the cardiorespiratory fitness and endurance of that person. A high number (some athletes can exceed 90) means that more oxygen can be delivered to the muscles during exercise.

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.