



THE FUEL GUIDE

CARBOHYDRATE **INTAKE RESULTS IN** **BETTER PERFORMANCE**

In endurance-based sports, a major goal of training is to enhance the athletes' physiological systems to work at higher intensities. To achieve this, competitive athletes combine large volumes of training, including workouts with intensity levels at or faster than race pace.

Using a prescribed carbohydrate fueling strategy as part of your training program will help optimize your training effort and reduce early performance reductions or fatigue. Executing these fuel strategies in training and on race day will help decrease the risk of underperformance.

Caffeine has some well-known athletic benefits; increased alertness decreased perceived exertion and therefore reduced fatigue.

It takes time to reach effective levels in the body. Taking an appropriate dose of caffeine 60 minutes before training or racing can stimulate performance. Alternatively, take smaller doses of caffeine during a race or a hard training session before the onset of fatigue. Using caffeine together with carbohydrates provide an enhanced performance effect compared to taking each in isolation.

The following slides outline fueling strategies for common training sessions and race plans. Remember that a fuel guide is highly personal and varies depending on individual diets and also on specific training programs. The following information is for reference only and can help empower your training, by creating, refining, and help you execute your fuel strategy.



TRAINING PLANS



LONG INTERVALS

Build a solid aerobic engine. Intensity should correspond to your fastest 10 km pace or 7-8 / 10 individual effort.

DURATION: 60 min

WARM UP: 15 min Prepare the body for the activity.

MAIN SET: 5 x 5 min Rest 2 min between sets.

COOL DOWN: 10 min

RECOMMENDED PRODUCTS



REPLACE CAF 100 WITH GEL 100 FOR A CAFFEINE FREE INTAKE PLAN.



SHORT INTERVALS

Get used to higher speeds and increase your $\dot{V}O_2$ -max.
Intensity corresponds to your fastest 5 km pace or 8-9 / 10
of individual effort.

DURATION: 60 min

WARM UP: 15 min Prepare the body for the activity.

MAIN SET: 10 x 2 min Rest 1 min between sets.

COOL DOWN: 15 min

RECOMMENDED PRODUCTS



REPLACE CAF 100 WITH GEL 100 FOR
A CAFFEINE FREE INTAKE PLAN.



TEMPO

RUN

Build a solid base. Build up your body's ability to run faster for longer periods of time. Strengthen tendons, joints, and ligaments. Intensity should correspond to your fastest half marathon pace or 6-7 / 10 of individual effort.

DURATION: 60 min

WARM UP: 10 min Prepare the body for the activity.

MAIN SET: 4 x 8 min Rest 2 min between sets.

COOL DOWN: 10 min

RECOMMENDED PRODUCTS



REPLACE CAF 100 WITH GEL 100 FOR A CAFFEINE FREE INTAKE PLAN.

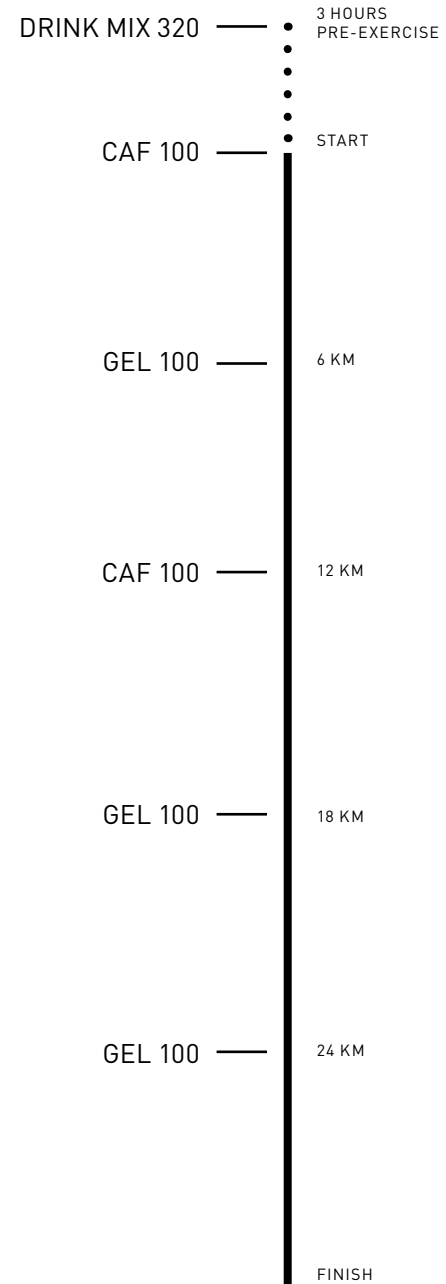
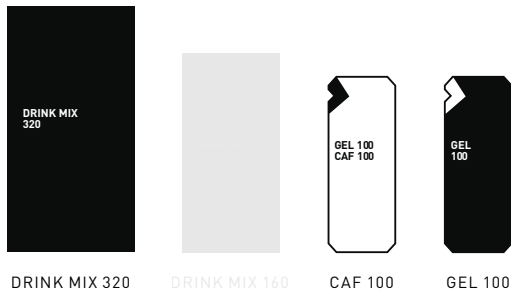


LONG DISTANCE

Get used to the prolonged workload. Increase your endurance. Intensity should correspond to 4-5 / 10 of individual effort. It is also an ideal opportunity to train your fueling strategy for a race.

- WARM UP: - Prepare the body for the activity.
MAIN SET: - Steady pace just below threshold.
COOL DOWN: -

RECOMMENDED PRODUCTS



REPLACE CAF 100 WITH GEL 100 FOR A CAFFEINE FREE INTAKE PLAN.



COMPETITION PLANS

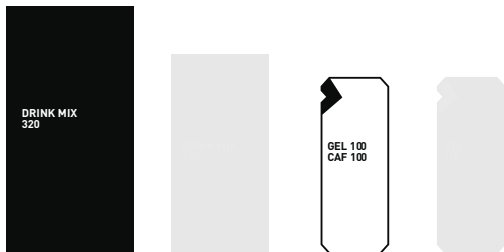


ELITE HALF MARATHON PLAN

SUB 01:15:00

Today many elite half-marathoners use an aggressive carbohydrate intake despite only 60-75 min hard effort. CAF 100 is consumed with H₂O early early to reach high levels at the end of the race. Most elite runners prepare their bottles with up to 150 mL of Drink Mix 320.

RECOMMENDED PRODUCTS

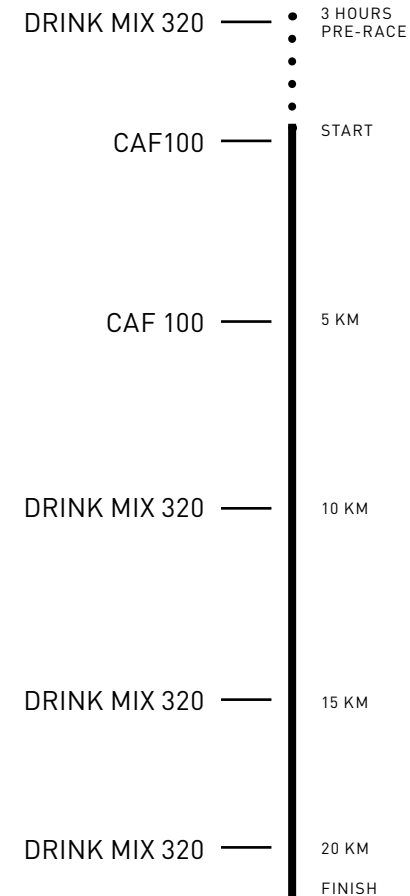


DRINK MIX 320

DRINK MIX 1&0

CAF 100

GEL 100



REPLACE CAF 100 WITH GEL 100 FOR A CAFFEINE FREE INTAKE PLAN.



HALF

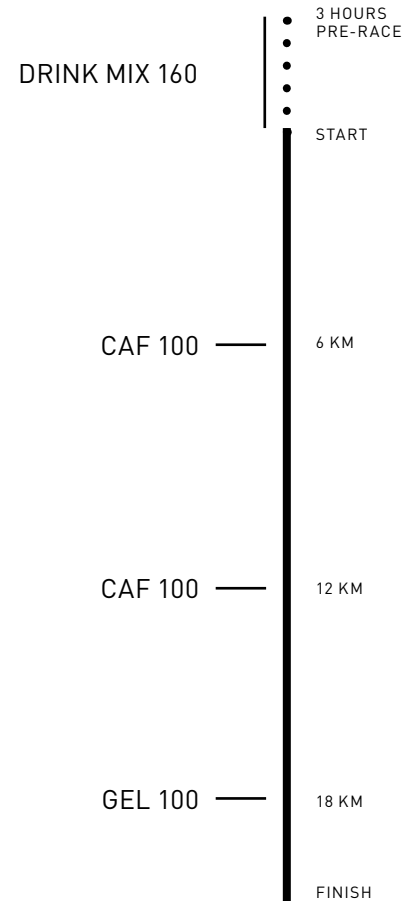
MARATHON

PLAN

SUB 02:15:00

During half marathons, carbohydrates are used at a much higher rate than they ever can be replaced. Start fueling early to prepare for the end push.

RECOMMENDED PRODUCTS



REPLACE CAF 100 WITH GEL 100 FOR A CAFFEINE FREE INTAKE PLAN.

ELITE

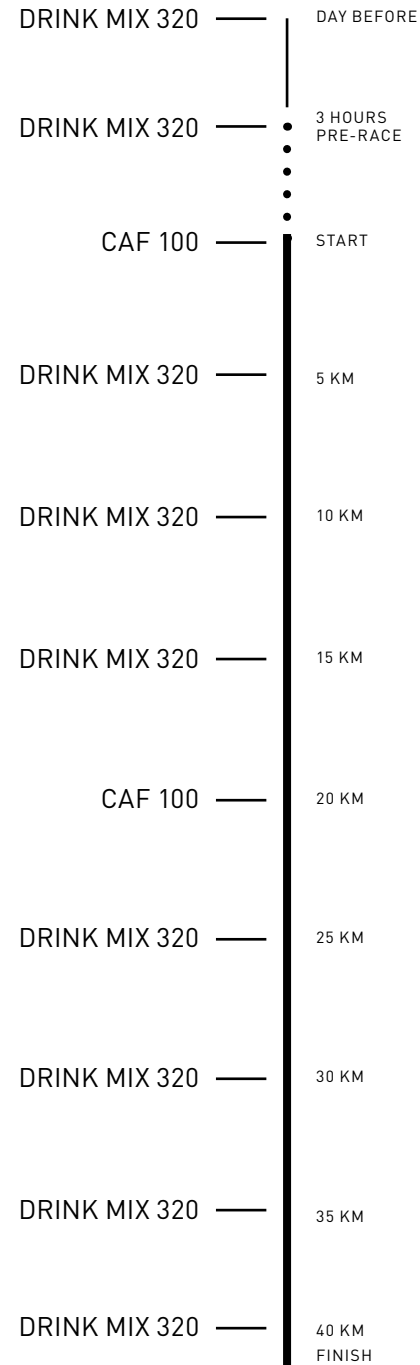
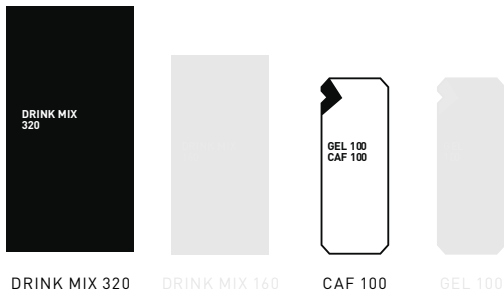
MARATHON

PLAN

SUB 02:30:00

Elite marathon runners have access to drink tables every 5 km, and they use every opportunity to fuel. They drink early to stay strong from 30 km and onward. Most elite runners prepare their bottles with up to 150 mL of Drink Mix 320.

RECOMMENDED PRODUCTS



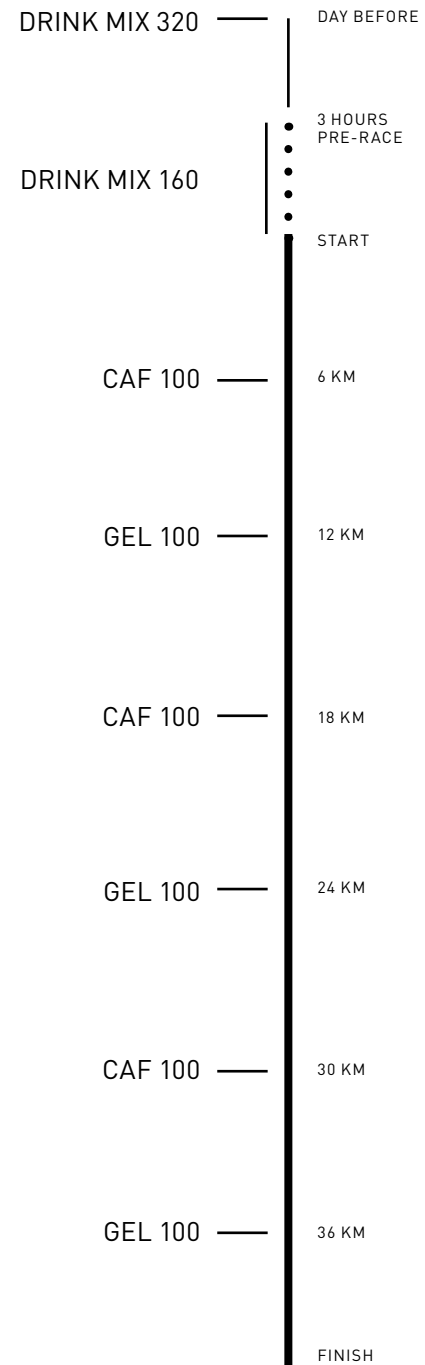
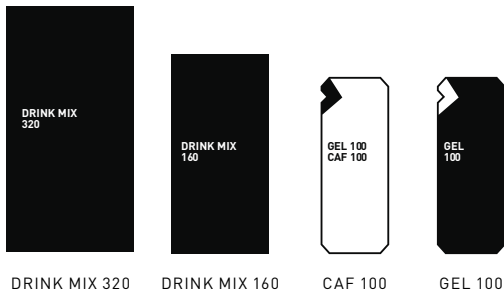
REPLACE CAF 100 WITH GEL 100 FOR A CAFFEINE FREE INTAKE PLAN.

MARATHON PLAN

SUB 04:30:00

The ambitious marathon runner must rely on carrying their own fuel. Six gels are a compromise between practical application and scientific recommendation. Feed early to stay strong after the 30 km barrier.

RECOMMENDED PRODUCTS



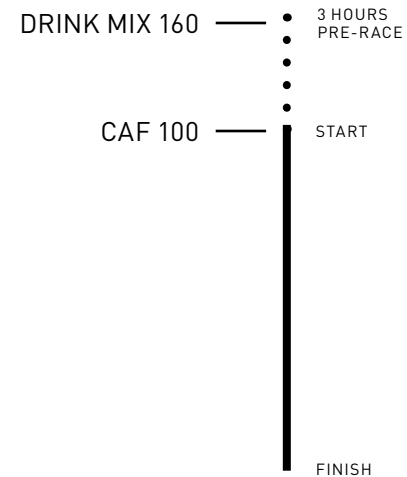
REPLACE CAF 100 WITH GEL 100 FOR A CAFFEINE FREE INTAKE PLAN.



5K RACE

PLAN

The body will be very carbohydrate-dependent during a 5K race. Use the Drink Mix 160 to hydrate and top-up energy stores. Use CAF 100 to boost the mind during warm-up.



RECOMMENDED PRODUCTS



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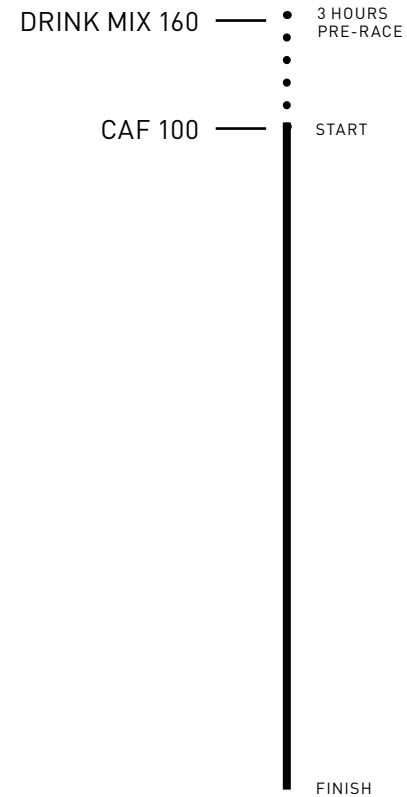


10K RACE

PLAN

The body will be very carbohydrate-dependent during a 10K race. Use the Drink Mix 160 to hydrate and top-up energy stores. Use CAF 100 to boost the mind during warm-up.

RECOMMENDED PRODUCTS



REPLACE CAF 100 WITH GEL 100 FOR A CAFFEINE FREE INTAKE PLAN.