

Athlete: Review Demo (75 kg)

Race duration: 3 h

CARBOHYDRATES

70 g/h

Recommendation: 60-90 g/h - Glu:Fru 1:0.8

FLUIDS

500 ml/h

Range 400-800 ml/h (at ~18 °C)

SODIUM

400 mg/h

Range 300-600 mg/h

CAFFEINE

225 mg

total, 3 mg/kg, final third of the race

Race-day plan (3 hours)

Hour 1 1 bar or banana (~40 g carbs) + 1 gel a ~22 g carbs + ~500 ml drink (with 400 mg sodium)

Hour 2 1 bar or banana (~40 g carbs) + 1 gel a ~22 g carbs + ~500 ml drink (with 400 mg sodium)

Hour 3 1 bar or banana (~40 g carbs) + 1 gel a ~22 g carbs + ~500 ml drink (with 400 mg sodium)

Total: ~210 g carbs, 1500 ml fluids, 1200 mg sodium.

Gut-training protocol

- Volume: practise race fueling in 2 sessions per week over the last 16 weeks.
- Progression: start at 40 g carbs/h, increase by ~10 g/h every 2 weeks up to race target.
- Products: only use what you will use on race day - no experiments on race day.
- Caffeine: 3 mg/kg in the final third of the race, tested beforehand in training.

