

Race Day Nutrition Plans

Recommended
by:



Half Marathon Nutrition Plan

Before the Race

We recommend:

1 - 4 Hours before:

1 x Drink Mix 160 or

1 x Solid C 160

During the warm-up (15 - 45mins before):

1 x Gel 100 Caf 100 or

1 x Gel 100 or

1 x Gel 160

During the Race

2 x Gel 100 or

1 x Gel 160

Notes:

Carbohydrate Breakdown:

Based on two (2x Gel160) to three (3x Gel100) gels in total, equivalent to 75-80g of carbohydrates total:

Sub75 min = 3:33 min/km = 60-64 g/hour

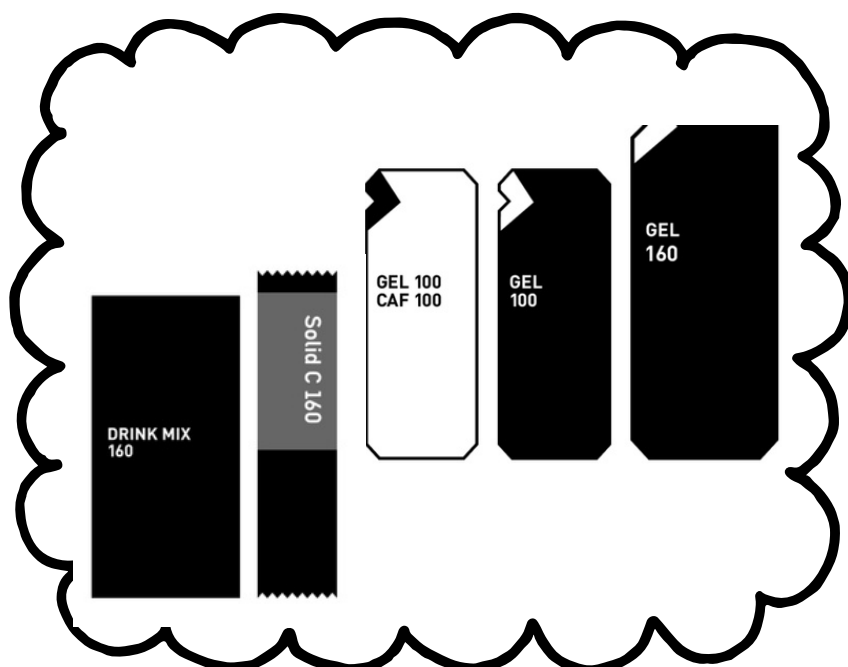
Sub90 min = 4:16 min/km = 50-53 g/hour

Sub105 min = 4:59 min/km = 43-46 g/hour

Sub120 min = 5:40 min/km = 38-40 g/hour

Sub135 min = 6:24 min/km = 33-36 g/hour

Products:



42.2km Marathon Nutrition Plan

Before the Race

We recommend:

The Day before:

1 x Drink Mix 320 and

1 x Solid 160

1 - 4 Hours before:

1 x Drink Mix 160 and

1 x Solid 160

During the warm-up (15 - 45mins before):

1 x Gel 100 Caf 100 or

1 x Gel 100 or

1 x Gel 160

During the Race

Take 1 Gel every 6km

Option 1:

6 x Gel 100

Option 2:

2 x Gel 100 Caf 100 and

4x Gel 100

Option 3:

4x Gel 160

Notes:

Carbohydrate Breakdown:

Based on five (GEL160) to seven (GEL100) GELs in total - or 175-200g of carbohydrate:

Sub2:30 = 3:33 min/km = 70-80 g/h = 1x every 20 min

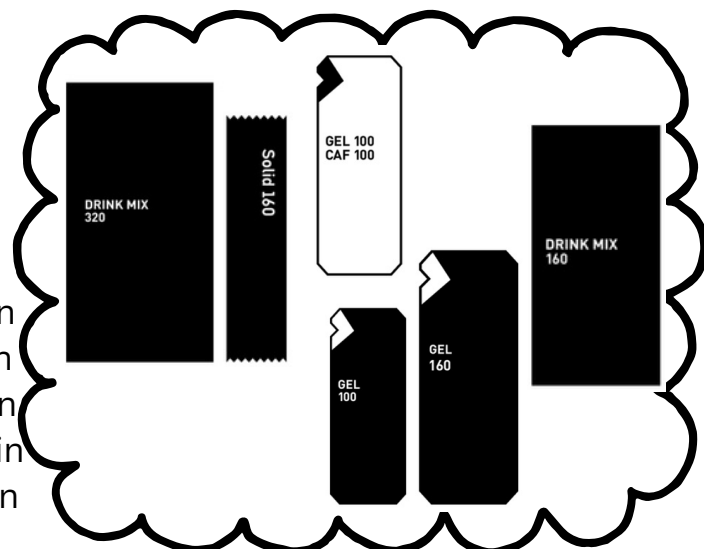
Sub3:00 = 4:16 min/km = 58-67 g/h = 1x every 25 min

Sub3:30 = 4:59 min/km = 50-57 g/h = 1x every 30 min

Sub4:00 = 5:40 min/km = 44-50 g/h = 1x every 35 min

Sub4:30 = 6:24 min/km = 39-44 g/h = 1x every 40 min

Products:



Ultra Marathon Nutrition Plan

Before the Race

We recommend:

The Day before:

1 x Drink Mix 320 and

1 x Solid 160

1 - 4 Hours before:

1 x Drink Mix 160 or

1 x Solid 160

During the warm-up (15 - 45mins before):

1 x Gel 100 Caf 100 or

1 x Gel 100 or

1 x Gel 160

During the Race

Aim for 30-60 grams of carbohydrates per hour.

1 x Drink Mix 160 = 40g

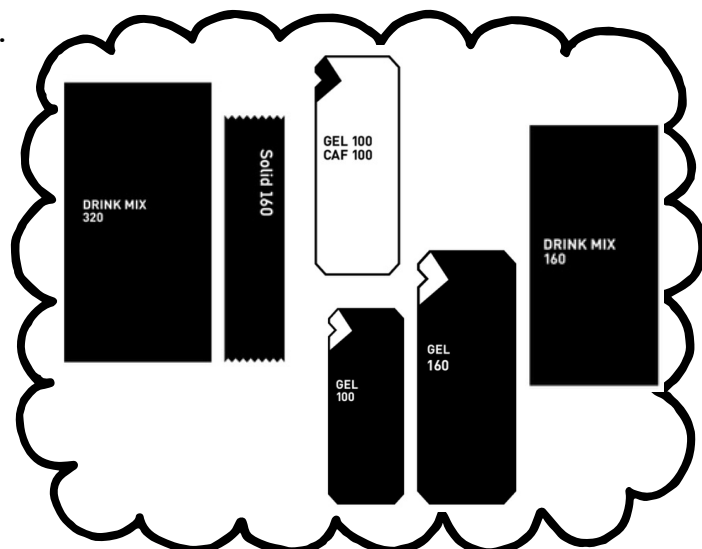
2 x Gel 100 = 50g

1 x Drink Mix 160 and 1 x Gel 100 = 65g

Comrades specific Notes:

Comrades runners aiming for a 7-hour finish time should consider increasing their carbohydrate intake by an 20g additional per hour (i.e. 80-90g per hour). Comrades runners aiming for an 11-hour finish time should aim for a carbohydrate intake of 60 grams per hour.

Products:



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

How do I combine Maurten products to get the right amount of carbohydrates per hour for my sport?

The Maurten range of sport fuels can act like a modular system, enabling athletes to pick and choose their preferred format for the training and racing situation. Products can be combined to attain the desired amount of carbohydrates.

Fueling should be considered before, during and after an activity. Load glycogen stores before, maintain performance throughout, avoid depletion and recover to go again next time.

Gel 100: 25 grams of carbohydrates

Gel 100 Caf 100: 25 grams of carbohydrates + caffeine

Gel 160: 40 grams of carbohydrates

Drink Mix 160: 40 grams of carbohydrates

Drink Mix 320: 80 grams of carbohydrates

Drink Mix 320 Caf 100: 80 grams of carbohydrates + caffeine

Solid 225: 44 grams of carbohydrates

Solid 225 C: 44 grams of carbohydrates.