



# WHY GU?

## TIPS TO HELP YOU PERFORM AT YOUR BEST Ride Nutrition Plan

### BEFORE YOU START



**1**

**30 Minutes Before You Start**  
+ Pre hydrate with electrolytes

### GOAL FINISH TIME

**1:30**

**1:45**

**2:00**

**2:15**

**2:30**



or



one serv.  
is 8 Chews

**1**

**2**

**3**

**4**

**5**



**0**

**0**

**1**

**2**

**2**



Drink 500 - 900 mls of  
Water Every Hour

### AFTER YOU FINISH



**1**

Within 30 Minutes  
After Finishing

**ENERGYHYDRATIONRECOVERY**

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