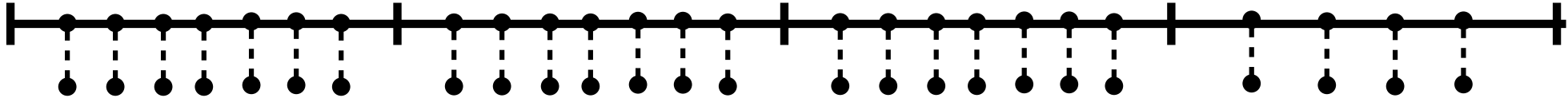


TRAIN YOUR GUT

8 WEEK GUT TRAINING PROTOCOL



Start **PHASE 1** Week 2 **PHASE 2** Week 4 **PHASE 3** Week 6 Race Day



2-3 sessions per week of 50-60g CHO/hour.

Ensure a mix of solid and an isotonic sports drink

2-3 sessions per week of 75-90g CHO/hour.

>50% of CHO from Cadence Carbofuel or Marathon.

Ensure drink contain 2:1 glucose to fructose

2-3 sessions per week of 90-120g CHO/hour.

Vary the amount to establish the highest quantity that is well tolerated. This may be as high at 120g/hour. Find what works for you.

It is important that fructose concentration is also high 30-40% within solids.

2 sessions per week of Your race protocol.

Your race protocol should be established from the highest quantity that was tolerated in the previous phase.

PRO TIP

A Carbofuel Energy Bar contains 40g of carbohydrate with 16g of fructose to ensure a high fructose concentration for optimal absorption



**NO HYPE
JUST
SCIENCE**



PHASE 1

50-60g CHO per Hour, 2-3 X per week



Cadence
NUTRITION

4 Hour Ride



96g

+



80g

+



63g

239g

3 Hour Ride



96g

+



40g

+



42g

178g

2 Hour Ride



48g

+



40g

+



21g

109g

**NO HYPE
JUST
SCIENCE**



PHASE 2

75-90g CHO per Hour, 2-3 X per week



Cadence
NUTRITION

4 Hour Ride

600ml  600ml  600ml  600ml  +  80g +  84g **356g**

192g

3 Hour Ride

600ml  600ml  +  80g +  63g **239g**

96g

2 Hour Ride

600ml  600ml  +  40g +  42g **178g**

96g

**NO HYPE
JUST
SCIENCE**



PHASE 3

90-120g* CHO per Hour, 2-3 X per week

*Vary it until you find the highest about you can tolerate



Cadence
NUTRITION

4 Hour Ride - Try this....

600ml 600ml 600ml 600ml + 160g + 105g = **457g**

192g

3 Hour Ride - Try this....

600ml 600ml 600ml + 120g + 84g = **348g**

144g

2 Hour Ride - Try this....

600ml 600ml + 80g + 63g = **239g**

96g

**NO HYPE
JUST
SCIENCE**

