

NDURANZ

FUELING GUIDE



NRGY UNIT GEL



NRGY UNIT DRINK

PREPARE YOUR BOTTLE



+



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2 SCOOPS OF NRGY UNIT DRINK

500 - 750 ML OF WATER

NRGY UNIT DRINK

FUELING FOR TRAINING

1ST HOUR



1 NRGY UNIT DRINK

2ND HOUR



1 NRGY UNIT DRINK

+



1 NRGY UNIT GEL

3RD HOUR



1 BOTTLE OF WATER

+



2 NRGY UNIT GELS

4TH HOUR

For each additional hour, consume water + 2 **NRGY UNIT** gels

FUELING FOR RACE

1ST HOUR



1 NRGY UNIT DRINK

+



1 NRGY UNIT GEL

2ND HOUR



1 NRGY UNIT DRINK

+



1 NRGY UNIT GEL

3RD HOUR



1 BOTTLE OF WATER

+



2 NRGY UNIT GELS

4TH HOUR

For each additional hour, consume water + 2 - 3 **NRGY UNIT** gels

Elite athletes: use 2 **NRGY UNIT** gels + 1 **NRGY UNIT** drink

OTHER SUGGESTIONS

- In hot weather conditions, start the exercise well hydrated. Aim for 750 ml of water per hour during exercise.
- Make sure you start your exercise session with sufficient carbohydrate stores by eating plenty of carbohydrates in the days/hours before (glycogen loading).
- Once the session is finished, don't forget to have carbohydrates and protein as soon as possible to speed-up the recovery process.