

HALF-FULL MARATHON RECIPE



STRONGER AEROBIC BASE
OPTIMIZE AEROBIC ADAPTIONS.
BUILD GUT RESILIENCE

STABLE HIGH-INTENSITY FINISHES
HIGH-INTENSITY GLYCOGEN PRESERVATION
AND FUEL EFFICIENCY

STRONG RESILIENT GUT
TRAINED GUT RESILIENCE. RAPID CARBOHYDRATE GUT TRANSIT

NIGHT BEFORE

PROTEIN: Fish, Chicken, Eggs, Sushi

STARCH: Small-serve complex form. Cooked, and then slightly cooled. Rice. Sweet Potato.

Small piece of fruit, with 2-3 Tbsp plain Greek yoghurt.

AVOID: Alcohol, desert, juices, sodas, ice-cream, caffeine.

RACE MORNING

PREPARE: SFuels **BULLET** with 2 serves **PRIMED** sachets w/water (hold in your race belt, vest, or race suit). Plus, 1 serve **PRIMED** in throw away bottle (see below).

BREAKFAST: Easy Protein, little fat. Eggs. SFuels Cereal/Milk-cream, **LIFE bar**. Coffee, Tea (tested in Training) or water.

START PRIMED: 1-2hrs Pre Race-Start: Sip on 1-serve **PRIMED** in throw-away bottle.

AVOID: High-carb cereals, breads, baking. Juices, candy, gels

DURING RACE

RACE START: 1st 10mins Relax into your race-pace.

GET PRIMED: From ~10mins to 30mins, start sipping **PRIMED** – (in your **BULLET**) finish it. Water from aid-station is fine.

30-60mins: Take on water at aid-stations as needed No fuel, no gels, bananas, aid-station foods/nutrition.

>30-60mins: Target upto 60gr/Hr of **ZONE 5 Gel**, Sip every 10mins, plus water from aid-stations.

