SFuels® ENDURE IQ

Spring 2021

OPTIMIZATION GUIDE

Live
Better

Train
Smarter

Race
Faster

Coaches, Athletes & Sports science

Begin the switch...

"Endurance athletes have long been concerned about all the sugar-carbs being consumed - but athletes have had no option. Athletes are looking for education and quality products that support them in establishing a baseline efficiency of fat-oxidation and easy-to use low-carb high-fat products for training and racing.

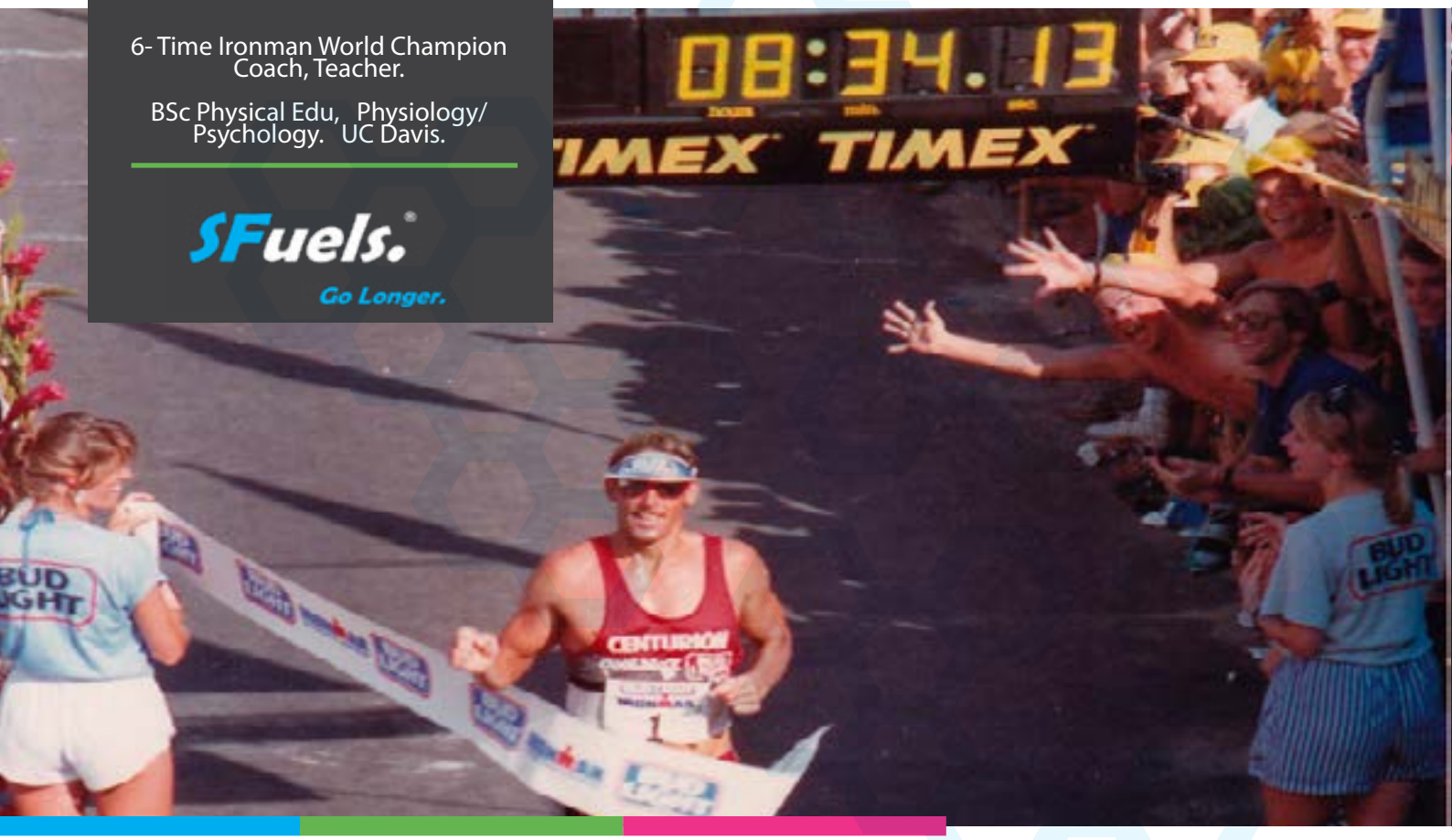
The product roadmap we're building with SFuels is very exciting."

Dave Scott

6- Time Ironman World Champion
Coach, Teacher.

BSc Physical Edu, Physiology/
Psychology. UC Davis.

SFuels.
Go Longer.



"Professional and amateur athletes continue to experience the high risks of spiking and crashing blood-sugars during ultra-endurance racing and training.

Extreme blood sugars swings continue to be a key factor in DNF (Did Not Finish) or poor-performance results, from Gut distress, stable-energy and bonking (hitting the wall).

Without optimally training the body to perform efficient fat-oxidation, athletes have no option but to begin taking in high amounts of sugar-based fuels and drinks, and are then left to experience the devastating effects.

Furthermore, these risks are not limited to racing alone. For years science has shown that the acute and chronic inflammation caused by swinging blood sugars is a leading cause of our most debilitating diseases."

Dr. Dan Plews

Ironman 2018 AG World Champion &
World Record Holder

Dr. Performance Physiology.

ENDURE IQ

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Professional Athletes

Podiums and Records...

"For long endurance efforts, regardless of your dietary preferences, the goal on race day from a fueling standpoint is to defend your small fuel tank, muscle glycogen. Historically, we have been taught that this meant leaning heavily on carbohydrates in daily nutrition, as well as during workout sessions and races. This has left a wake of digestive issues for many professional and recreational athletes who simply have not been able to tolerate that level of intra-race fuel loading. The alternative is to assist the defense of muscle glycogen by improving your fat oxidation rates, which can be done strategically with diet and a more balanced workout fueling strategy. When I started a low carbohydrate approach to endurance over 10 years ago, very few resources were available to replace the carbohydrate rich tools designed for moderate and high carbohydrate athletes. SFuels has created a unique line of products from inter-workout to lifestyle options to help athletes who prefer to lean on fat as their primary fuel source, and defend their glycogen stores in a way that is kinder to their digestion.

Zach Bitter

100 Mile World Record
11 hours 19 minutes 13 seconds
12-Hour World Record: 104.88 Miles

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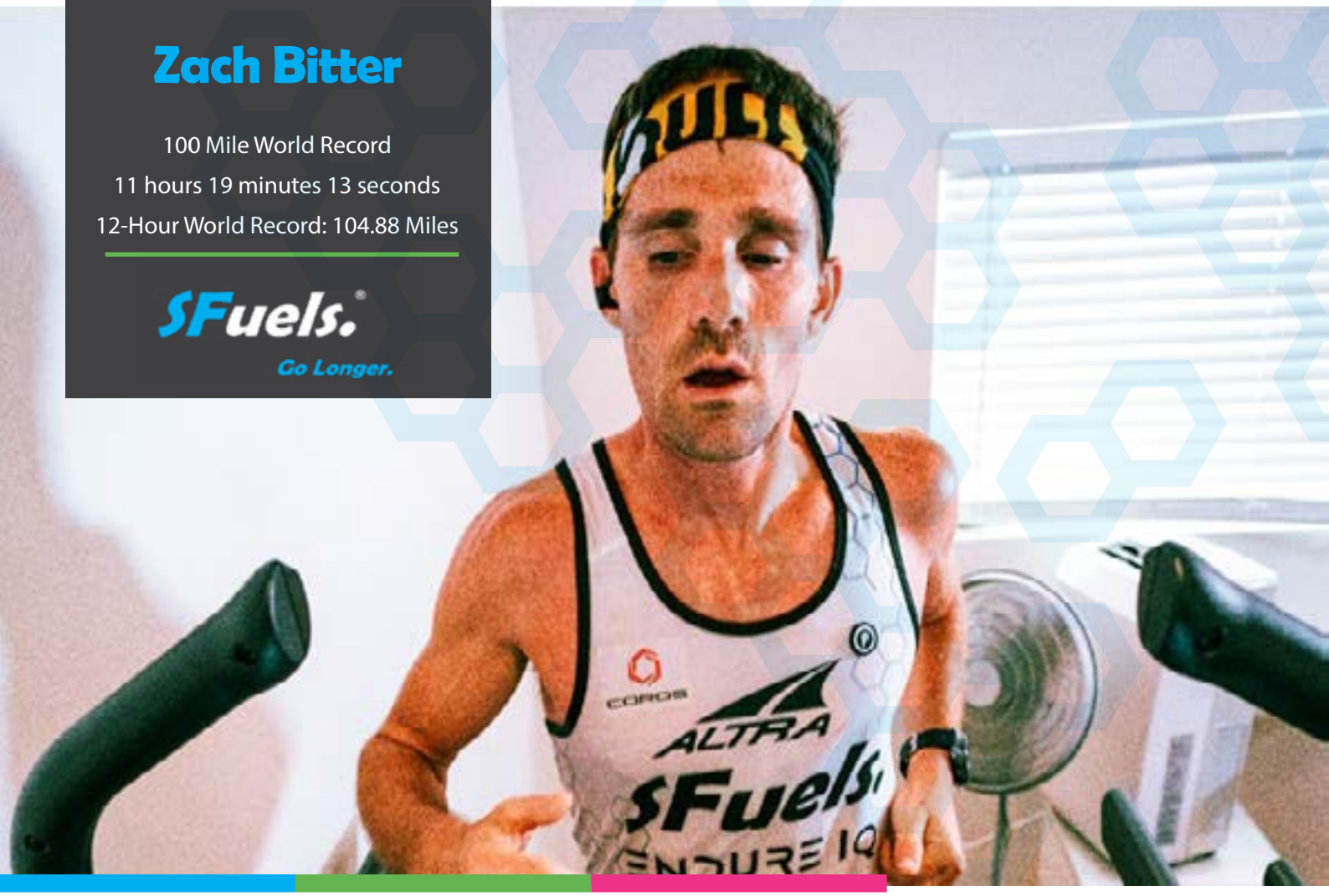


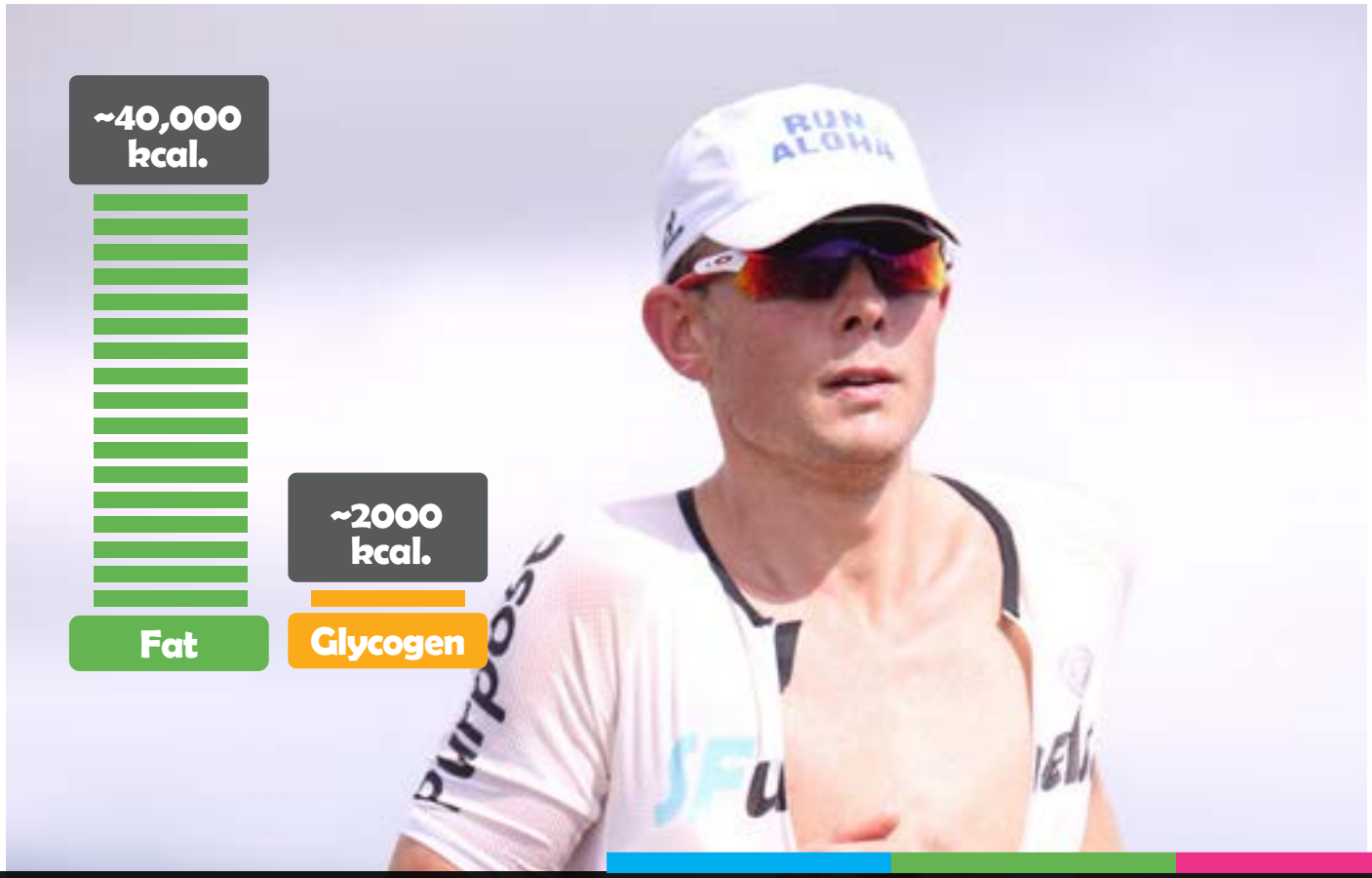
"Since 16 yeras of age, I've been racing on the Xterra World Tour and won my first professional World Tour title at age 20.

There's no doubt that this ability to perform on the world stage at a young age was due to the increased training load, faster recovery and more consistent power as a result of being a fat adapted athlete. Especially in such high intensity racing the margin between winning and losing is tiny, so there's no way I wanted to run the risk of spiking blood sugars, bonking and race ending GI distress. Plus even as a young athlete longevity is always in the forefront of my mind, which is why I'm particularly excited to build a lifelong career alongside a company like SFuels who I know for certain put the level of attention to detail into their products as I do into my race performances.

Lewis Ryan

Professional Athlete
ITU Cross-Tri World Champion
Xterra World Tour Race Winner

SFuels.
Go Longer.



Go Longer.

While the body holds only ~2000 calories of glycogen, 40,000 calories of fat are ready and waiting to be used for fuel. However, most endurance athletes have trained themselves to first, burn sugars for fuel, while-leaving these fat reserves totally under-utilized.

What if we could shift our fat oxidation from 0.3 Grams/Hour, to over 1.2Grams per hour? Wouldn't you want to Go Longer, with –

CLICK HERE

- A smoother stream of energy, and preserved glycogen levels,
- Less need to carry and consume high-amounts of carbs,
- Reduced risk of sugar-crash bonks in high-intensity training and racing,
- Reduced sugar-triggered GI/gut distress in training/racing, and,
- Improved recovery and more consistent training blocks.

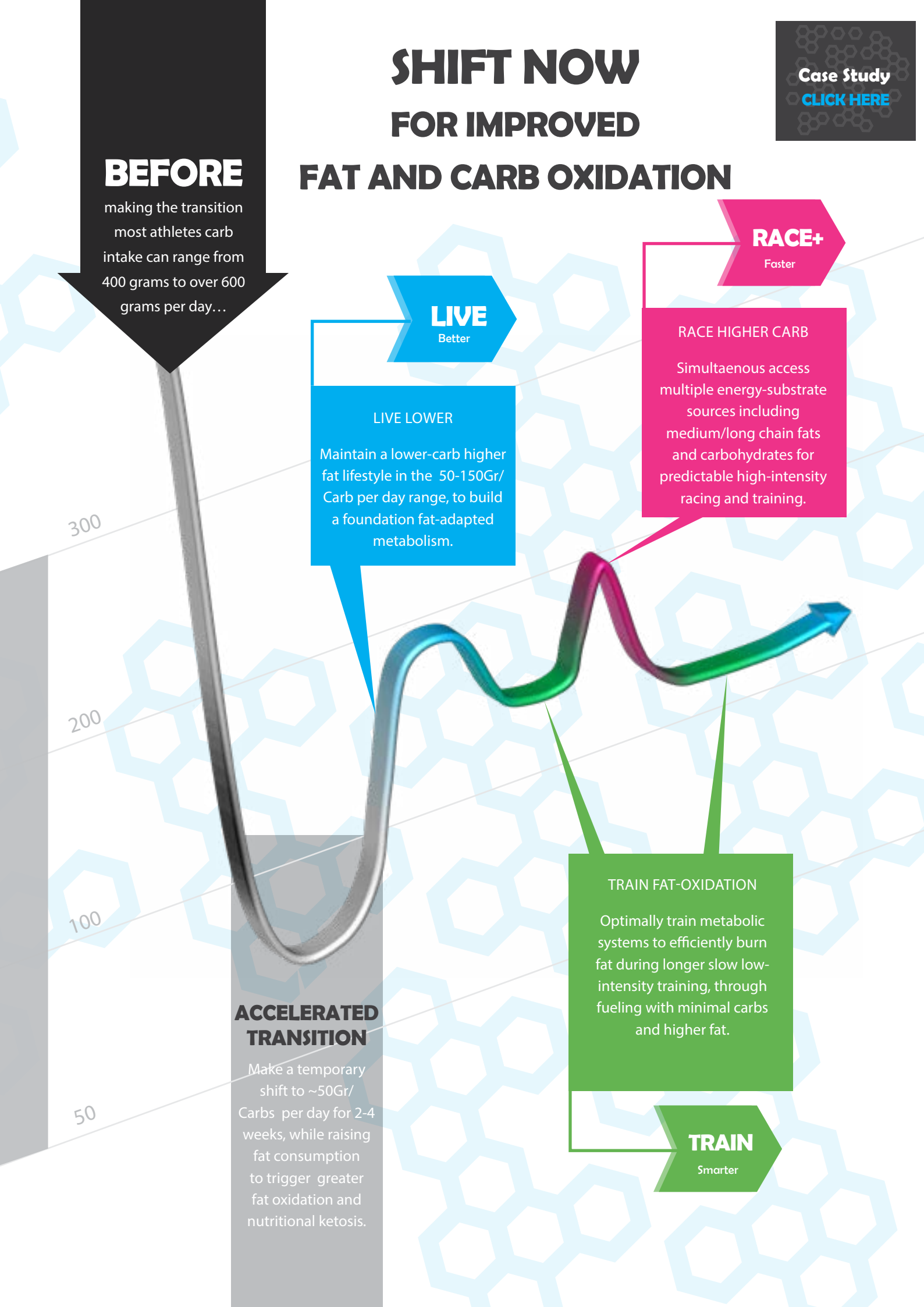
THE 4 STEPS AND DRIVERS OF EFFICIENT FAT OXIDATION

In a simplified view, there are 4 key over-arching physiologic steps which lead to the oxidation of fat in the muscle cell. Each of these steps have several factors which influence the ramp up, slow-down or shut-down of this metabolic chain. Clearly exercise positively effects many of these steps, as does a higher-fat diet, while conversely insulin (simplified carbohydrates) blunts several of these steps. Like all physiologic processes in the human body, this physiology can be trained for imporved efficiency.

SHIFT NOW
FOR IMPROVED
FAT AND CARB OXIDATION

Case Study
CLICK HERE

BEFORE
making the transition most athletes carb intake can range from 400 grams to over 600 grams per day…



LIVE
Better

LIVE LOWER

Maintain a lower-carb higher fat lifestyle in the 50-150Gr/ Carb per day range, to build a foundation fat-adapted metabolism.

RACE+
Faster

RACE HIGHER CARB

Simultaenous access multiple energy-substrate sources including medium/long chain fats and carbohydrates for predictable high-intensity racing and training.

ACCELERATED TRANSITION

Make a temporary shift to ~50Gr/ Carbs per day for 2-4 weeks, while raising fat consumption to trigger greater fat oxidation and nutritional ketosis.

TRAIN FAT-OXIDATION

Optimally train metabolic systems to efficiently burn fat during longer slow low-intensity training, through fueling with minimal carbs and higher fat.

TRAIN
Smarter

ACCELERATED TRANSITION

Accelerate the re-training of your fat-oxidation enzymes and physiology by making a temporary shift of the mix and type of foods for a 2-4 week period.

CARBS REDUCE TO	FATS INCREASE TO	PROTEIN TIMED/MEASURED
~50Gr per day	**65-80%** of your daily Calories	**1.0 – 2.0** Gr/Day per pound per athlete recommendations[1]

YES

Non-Starchy Vegetables All Berries (see Page 15)	Creams, Butter, Nuts Olive, Coconut Oil, Whole Fat Yoghurt, Avocado, SFuels Train	Fish, Eggs, Meat, Chicken, Beans, Nuts, SFuels Revival, SFuels LIFE Bars

Make it Simple - See the Next 2 Pages - SFuels LIFE and SFuels LIFE Bars.

NO

Pastas, Rice, Grains Cereals, Sodas, Juices, Baking, sugar, candy	Safflower, soybean, corn, peanut, canola oils	Dairy snacking between meals.

Easily transform meals, by choosing from 100s of these Low-Carb High-Fat recipes.

https://www.pinterest.com/sfuelsgolonger/

Scan me

Have a Question? Need help or support?

Email SFuels Support Team: Support@SFuelsGoLonger.com

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SFUELS LIFE

Use SFuels LIFE to SIMPLY RESHAPE your everyday snacks, shakes and meals to a lower-carb, higher fat profile. Make it easy to keep the same snacks and meals you like - but without the sugar and insulin spikes.

ELECTROLYTES (SALTS)

Maintain mental and physical drive by maintaining normal electrolyte levels, as you transition off high-carb foods & simple sugars in the diet.

QUALITY CALORIES

Maintain caloric intake with medium chain-triglycerides and higher fat snacks, foods and drinks, while training your fat-oxidation. Eliminate the need to use sucrose, fructose, glucose, maltodextrins and sugar alcohols in your foods and meals.

RECIPES HERE - making it simple: SFuels LIFE GUIDE.

DOWNLOAD THE SFUELS LIFE RECIPE BOOK HERE

LIVE
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SFUELS LIFE BARS

Meet the demands of an endurance athletes lifestyle with great tasting real food, mixed with resistant starches to satisfy your intense appetite, while supporting your gut and msucles from the effects of long-hot endurance workouts.

Train the body to use fats for fuel by eliminating the use of sucrose, fructose, glucose, maltodextrins and sugar alcohols. Provide quality oils and fats to train the bodies metabolism for efficient fat-based calorie absorption, assimilation and utilization.

Provide highest quality protein isolate for excellent absorption, and minimized lactose levels to support repair of micro-muscle damage and minimize the unwanted effects of higher milk-sugar loads or lactose-sensitivities.

1 MAX YOUR HIGH-INTENSITY THRESHOLD WORKOUTS

~1 Hr Before

Hit your high-intensity workouts with force, feeling satisfied and fueled, without the sugar spike. Take SFuels LIFE BARS ~1Hr before your workout.

HIT Training When Carbs?
CLICK HERE

2 MAX YOUR RECOVERY, POST AEROBIC WORKOUTS

<30 min After

Support recovery of micro-fibre muscle and gut-membrane damage from long endurance workouts, by feeding quality protein isolate and resistant starches, without the sugar spike or sugar alcohols. Take SFuels LIFE BARS within 30mins after your workout.

3 MAX YOUR FAT OX' EFFICIENCY - INTERMITTENT FAST

~15 Hrs Later

Continue to max your fat-oxidation efficiency from overnight intermittent fasts, by breaking the fast with a very low- carb, high fat-protein-fibre snack. After a 14-15 hour overnight fast, break your fast with SFuels LIFE BARS and/or water, coffee or tea.

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DIG INTO THE BEST CARBS

Low-carb does not mean 'no-carb'. Here's a spread of nutrient dense low-carb, low glycemix index foods - you can add as much as you like into your diet and lifestyle.

Cooking: Fiber and blood sugar impact.

Natural fruits and vegetables are not only dense in nutrients, but also in fiber. Fiber slows the digestion-absorption rate of nutrients into the blood system. Cooking dilutes this impact, by breaking down the cellulose in fiber, so seek to maintain a mix of uncooked and cooked carbs.

TRAIN

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LOW-CARB TRAINING

Why Training Needs to be Low?

CLICK HERE

Conduct your low-intensity training sessions on low-no carb fuueling-hydration to trigger metabolic shifts in fat-oxidation efficiency.

Long slow distance training builds both aerobic efficiency and fat-oxidation efficiency.

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TRAINING FAT OXIDATION

Training Fat Oxidation

Day to day dietary (including during training) intake of quality fats, begins to shift and train the internal metabolism and muscles to become less reliant on carbohydrates. Lipolytic and oxidative enzymes that breakdown fat can be trained (like muscles) through diet and exercise, with lab case results showing upto 2X improvement, in fat oxidation efficiency.

An athlete will develop this adaptive fat oxidation response by burning more free fatty acids and/or ketone bodies for fuel at higher and higher intensities. Training fat oxidation efficiency, is highly valuable to the endurance athlete in enabling the body to preserve precious glycogen stores, while enabling stable fuel-energy to muscles through flexible and simultaneous supply of fat and carbohydrate substrates.

As consistently recommended by sports science research and coaches, endurance athletes should conduct the majority (~80% duration) of their training in Zone 2 to optimize their aerobic metabolism, while minimizing inflammatory load and triggers. High-Intensity interval training is critical to optimal performance, and will be covered in the following Racing/HIT section of this guide.

Low-Intensity Training Fuel: SFuels TRAIN

At lower intensity training, fat oxidation is the predominate fuel substrate used by exercising muscles. Athletes trained on lower-carb substrates have shown they can spare and preserve glycogen levels longer than high-carb athletes. The below chart provides simple guidance of using SFuels TRAIN for both lower, and higher carb lifestyle athletes. Also highlighted here is the recommended guidance of when to shift (relative to duration) to SFuels RACE+ (mix of fat and starch-carbs) fuel in your training sessions.

		SFuels TRAIN - Servings / Hour (in 16oz water. Add/Reduce water per serve, relative to your ambient environment)				
Athlete Type	Discipline	**1Hr**	**2Hr**	**3Hr**	**4Hr**	**5Hr**
Low-Carb (50-150gr/Day) Diet-Lifestyle Athlete	Swimming	**Water**	**1Hr**	**1/Hr**	**Shift from SFuels TRAIN to:** **Race+ 1/Hr**	**Shift from SFuels TRAIN to:** **Race+ 1/Hr**
	Cycling	**1/Hr**	**1/Hr**	**1/Hr**		
	Road Running	**1/Hr**	**1/Hr**	**1/Hr**		
	Trail/Elevation Running	**1/Hr**	**1/Hr**	**1/Hr**		
Higher-Carb (>150gr/Day) Diet-Lifestyle Athlete	Swimming	**Water**	**1/Hr**	**Shift from SFuels TRAIN to:** **Race+ 1/Hr**	**Shift from SFuels TRAIN to:** **Race+ 1/Hr**	**Shift from SFuels TRAIN to:** **Race+ 1/Hr**
	Cycling	**1/Hr**	**1/Hr**			
	Road Running	**1/Hr**	**1/Hr**			
	Trail/Elevation Running	**1/Hr**	**1/Hr**			

TRAIN
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SFUELS TRAIN

Train the body to efficiently use fat for fuel, by mitigating sugar spikes.

SFuels TRAIN, eliminates the use of sucrose, fructose, glucose, maltodextrin based carbs and sugar alcohols, and provides quality fat based energy and fuel in the form of Medium Chain Triglyceride (MCT C8) based fats, from Coconut Oil.

Support Vitamin C levels within cells for immune and anti-inflammatory processes, by keeping blood-sugar levels in healthy ranges.

Support water like easy to drink fluids, by avoiding heavy-thick textures of high-starch hydration and fueling formulas.

Support exercise heat induced GI/Gut membrane integrity distress and delayed onset muscle soreness by fueling muscles and gut membrane with clinical levels of L-Glutamine.

Support long duration low intensity muscle contractions with higher-dose supplemental electrolytes, including Sodium, Pottasium and Calcium.

RACE+
Faster

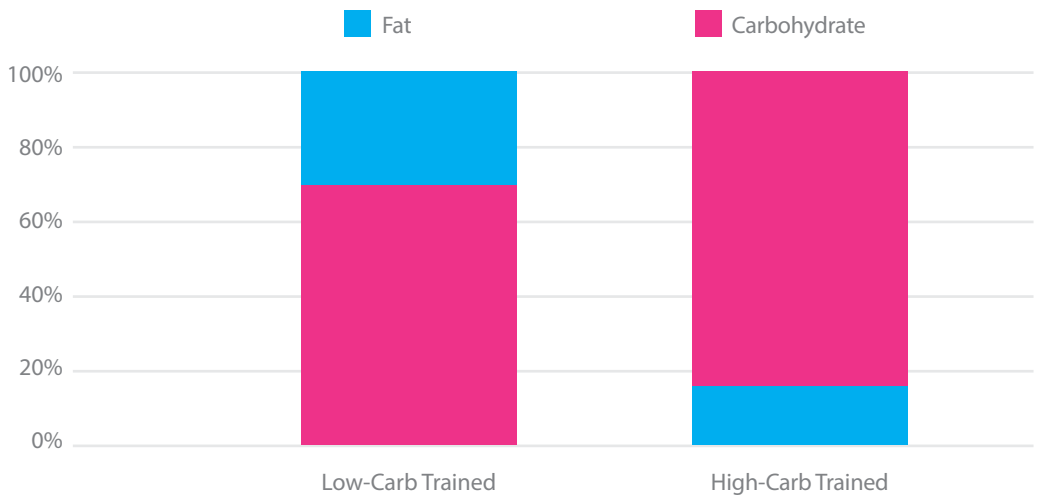
RACING AND HIGH-INTENSITY TRAINING

VO2Max substrate testing has shown that Low-Carb trained athletes can oxidize fats at over 90 grams per hour, which can in some cases, be as much as 3-4 times more than high-carb trained athletes.

This approach supports the low carb trained athlete to train or race at higher intensities, consume less carbs, in the interest of avoiding the infamous bonk, race stopping gut distress (PAPER HERE) and unmanageable energy swings."

Fat/Carb % Oxidation Efficiency at High Intensity

Comparison at 270W Cycling



How the MATH WORKS?
CLICK HERE

RACE+
Faster

RACING AND HIGH-INTENSITY TRAINING

Pre-Race and Race Start: Fat/Carb Optimization

	Rate of Perceived Exertion* and Zones	30-60 mins	>1Hr
Pre-Race	Rest - RPE 1	RULE 1	
Racing	RPE 7 - 8-9 (Zones 3-5) Deeper Breathing. Muscle Awareness to Intense Breathing & Muscle Awareness	RULE 2 SFuels TRAIN	SFuels RACE+

RULE 1: DO NOT consume insulin triggering grains, starch, simple sugars or large amounts of dairy on race morning. Target low-carb cereals, eggs, coffee/tea, low-carb fruits like berries, or SFuels LIFE bar, SFuels TRAIN as best pre-race meal considerations.

RULE 2: Complete the first 30-60 minutes of your race with NO intake of sugars/carbs. Use SFuels TRAIN for hydration-electrolyte support in this first 30-60minute race period if desired.

Begin using SFuels RACE+ after the first 60mins and thereafter (see next page).

Applying this to your race-day prep enables muscle cell glucose transporters, to rapidly move to the muscle cell wall, open glucose channels, and allow the free flow of glucose into the muscle cells, without insulin. Muscle cells are better positioned for improved simultaneous oxidation of both fats and glucose, thereby providing a smooth supply of energy and power. By enabling higher fat oxidation during high intensity racing, athletes will burn less glycogen (sparing effect) and also reduce the risks of known gut/GI distress from simple sugars like sucrose (fructose+glucose) and fructose.

Train and test your fuel-water dosage requirements against expected race day intensities, temperature, elevation and duration.

*Rate of Perceived exertion is provided as a guide here to help, translate exertion signs of rising intensity levels to approximate lactate threshold levels – and where oxidation rates shift between fat and carbohydrate.

Put the 'PLUS' into your High Intensity Training

In high-intensity interval training (typically <2hours) sessions and double-session training days, SFuels recommends the use of SFuels Race+ as the preferred hydration-fueling drink, 30mins after beginning the training session. SFuels RACE+ is optimized for HIIT with MCT fats, PLUS pre-digested branch-chain starches to fuel high-intensity sessions and facilitate rapid recovery for the remainder of your day, and your second session of a double-session training day.

RACE+
Faster

RACING AND RACE+ DOSAGE GUIDANCE

Dosage Guidance – During Race

As intensity levels shift during the race from changes in elevation, wind, heat/humidity, competitive-racing dynamics, and exhaustion – carbohydrate oxidation will increase, and therefore carbohydrate intakes will need to increase.

However, athletes with high fat-oxidation efficiency will burn more fat, and preserve glycogen stores better, and therfore require less carbohyrate intake than high-carb (less efficienct) athletes.

	Fat-Ox Efficiency	Fat-Oxidation Grams/min	Fat-Oxidation Calories/Hr.
Highly Efficient Fat-Oxidation (Low Carb) Athletes	Very High	1.5	810
	High	1.4	756
		1.2 - 1.3	702
Less Efficient (High-Carb) Fat Oxidation Athletes	Low(er)	0.3 - 1.0	162 - 540

Calories/Hour Demand - at Various Intensities

	Cycling			Running		
	12-13 mph	16-19 mph	>20 mph	5 mph (12min/mile)	7 mph (8.5min/mile)	10 mph (6min/mile)
60kg/132lbs	420	660	900	420	630	900
75kg/165lbs	525	825	1,125	525	788	1125
90kg/198lbs	630	990	1350	630	945	1350

Efficient Fat Oxidation Athletes	use SFuels TRAIN	1 Race+ Sachet/ Hour	2 Race+ Sachets/Hour	use SFuels TRAIN	1 Race+ Sachets/Hour	2 Race+ Sachets/Hour
Less-Efficient Fat Oxidation Athletes	use SFuels TRAIN	2 Race+ Sachet/ Hour	2-3 Race+ Sachets/Hour	use SFuels TRAIN	2 Race+ Sachets/Hour	2-3 Race+ Sachets/Hour

Testing fuel-dosages at various intensities in training is critical to best optimize race performance outcomes, and mitigate under/over hydration and gut-distress issues.

RACE+

Faster

RACING AND HIGH-INTENSITY

SFuels Race+ Storage Ideas

	SFuels Race+ (Concentrate) Storage	Water (Only) Storage
100Mile Bike	Add multiple SFuels Race+ sachets into 32oz water bottle(s) – to support expected duration and intensity levels on the bike-segment. Mix with Water only bottle/storage, and/ or directly sip throughout race.	Cockpit – just water. Refill at aid Stations.
Marathon or IM Marathon	Add multiple (Relative to your race duration/intensity) SFuels Race+ into a bowl, with 'JUST ENOUGH WATER' to create a gel-like concentrate. Pour the concentrate into as SFuels Soft-flask. Carry your softflask into your Tri-suit, race suit, race-belt/vest. Squeeze some concentrate into water cups (or mouth with water) at aid-stations and drink.	
Ultra-Marathon 50-100Miler	Same as Marathon, plus - workout how many of the SFuels Race+ concentrate softflasks you will need for the ultra. If you have a drop bag/aid-station, or supportable aid-stations in the race – then have replenishment SFuels Race+ softflask concentrate bottles cooled and ready in your drop bag, or from your support crew.	

Train and test your fuel-water storage plans against expected race day intensities, temperature, elevation and duration.

RACE+
Faster

SFUELS RACE+

Fuel high-intensity training and racing by simultaneously burning fats and carbs. Using pre-digested branch chained starches with MCT oils, while avoiding ANY use of simple sugars, glucose, fructose, syrups, sugar alcohols and spiking maltodextrins.

Enable rapid transit of calories through upper GI tract while racing, by ONLY using low osmolality carbs (pre-digested branch chain starches) and medium-chain triglycerides.

Avoid higher risk gut irritants like fructose, and sugar alcohols.

Support dependable neuro-muscular contractions, and efficient gut absorption by supplementing with Sodium, Calcium, Potassium and Gut-friendly Magnesium glycinate.

Support, exercise induced GI/ Gut distress and delayed onset muscle soreness by fueling-feeding muscles and gut membranes with L-Glutamine.

LIVE
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RAPID RECOVERY

High volume training, longer, more frequent sessions and intense racing can overwhelm our physical and emotional health. Progressive improvement during these times of high-stress, can be supported through targeted nutrition and quality recovery. But left unchecked here's what can happen -

... SPIKES UP

1. Oxidation
2. Inflammatory Mediators
3. Muscle-tissue injury
4. Cortisol
5. Sympathetic Nervous Response

... DROPS DOWN

6. Immune Resistance
7. Gut Integrity
8. Parasympathetic Nervous Response
9. Heart Rate Variability

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WHAT SPIKES UP?

1 OXIDATION

Endurance training/racing raises substances (reactive oxygen species, or free-radicals) which cause lipid peroxidation and cell-wall breakdown. The body has many enzymes to manage free-radicals, but post ultra race levels can reach almost 90% over, pre-race levels. Aside from acute inflammation, free-radicals have been directly related to chronic diseases.

2 INFLAMMATION

Endurance training has shown to raise inflammatory markers and powerful cytokines (cell messengers), like IL-6 and TNF. Endurance exercise can more than double the level of these inflammatory markers, versus pre-exercise levels.

3 SYMPATHETIC OVERDRIVE

Over-stimulation of the sympathetic branch of the autonomic nervous system, can trigger difficulty sleeping, higher blood pressure. higher cholesterol, nervousness, and constrained blood supply to the digestive system.

4 CORTISOL

A constant triggering of cortisol from the adrenal glands, can trigger increased weight gain, slowed healing, muscle weakness.

5 MUSCLE BREAKDOWN

Blood tests following endurance exercise, shows heightened levels of Creatine kinase (CK), and myoglobin – both being markers of muscle damage, and post exercise soreness. In fact in ultra-events, markers can remain high for two-five days after race (or training) completion, indicating ongoing muscle damage.

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WHAT DROPS DOWN?

6 IMMUNE RESISTANCE

Studies on ultra-marathon finishers, have shown >25% incidence of upper-respiratory tract infections within two weeks post race. Research suggests a decreases in mucosal immunity (IgA) following marathon events. Again, high consumption of sugar (bars, drinks, gels in training/ racing) reduces vitamin C transport into white blood cells impairing immunity.

7 GUT INTEGRITY

Exercise of longer duration, shunts blood from the Gut, creating a hypoxic state (no blood), increasing gut membrane breakdown and the flow of toxic inflammatory compounds into the blood. Heat, simple sugars, dehydration will all increase this.

THE ULTRA GUT. **CLICK HERE**

8 PARASYMPATHETIC TONE

As the sympathetic nervous system dominates over the parasympathetic system, bodily functions like slowing of the heart rate (rest), Gut/GI motility and secretions become weakened and disorderly.

9 HEART RATE VARIABILITY

As sympathetic nervous strength prevails, and parasympathetic tone declines, the variability of time between each heart beat decreases – which becomes a key proxy or bio-marker, for athletes looking for early signals of physiologic imbalance, and over-reaching in training and lifestyles.

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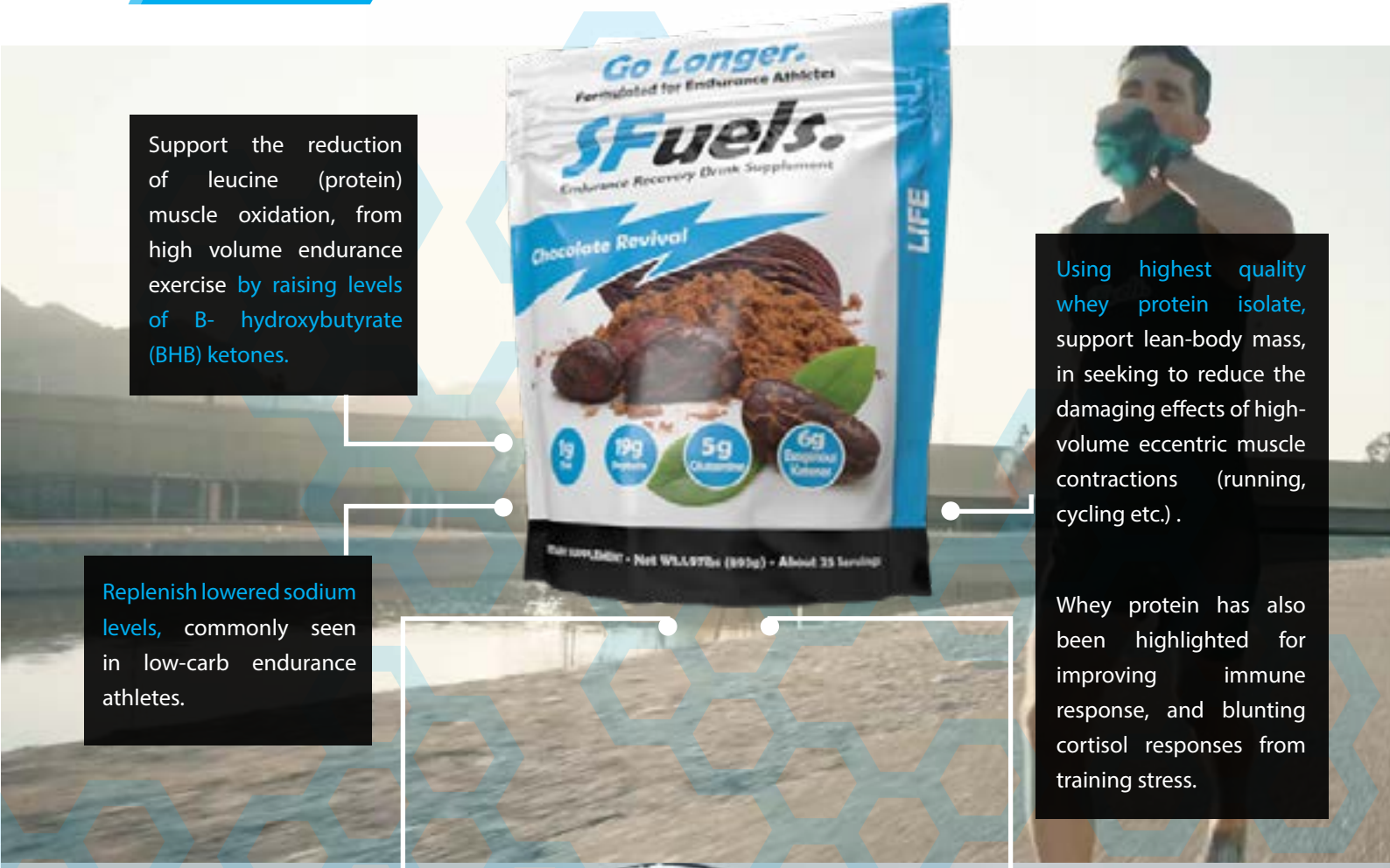
SFUELS REVIVAL

Endurance Recovery Drink Supplement



Support the reduction of leucine (protein) muscle oxidation, from high volume endurance exercise by raising levels of B- hydroxybutyrate (BHB) ketones.

Replenish lowered sodium levels, commonly seen in low-carb endurance athletes.

Using highest quality whey protein isolate, support lean-body mass, in seeking to reduce the damaging effects of high-volume eccentric muscle contractions (running, cycling etc.) .

Whey protein has also been highlighted for improving immune response, and blunting cortisol responses from training stress.

Support muscle-torque (power), lower delayed onset muscle soreness and inflammation, through high dose L-Glutamine supplementation.

Support the reduction of exercise heat-trigged damage to the gut membrane, by rapid membrane repair, through L-Glutamine.

Eliminating blood sugar spikes, stalled fat-oxidation and heightened inflammatory markers through avoiding the use of sucrose, glucose, fructose, maltodextrins.

Maintain favorable gut bacteria, by avoiding the use of all sugar alcohols like sucralose, that have shown to disrupt the gut microbiome.

SFuels®

QUICKSTART

Live

Prime metabolism for training and accelerate Rapid-Recovery for High-Load Training Blocks

TRAINING-PREP 1 SFUELS LIFE BAR 1-2HR PRIOR

TEST: Mental and energy readiness (desire) for training.

ACCELERATED RECOVERY (POST TRAINING OR RACING)

30MINS POST: SFUELS REVIVAL 1 SRV

BLEND: MILK OR WATER/CREME + ICE

TEST: Lowered muscle soreness, full range-movement 1-2 days post training.

Train

Train your Fat-Oxidation Efficiency & Endurance

AEROBIC SESSIONS (1-3HRS) SFUELS TRAIN 1 SRV/HR

(>3HRS) BEYOND 3 HOURS SWITCH TO SFUELS RACE+ 1 SRV/HR

MIX SFUELS TRAIN IN 16OZ OF COLD WATER.

TEST: Consistent energy/power through aerobic endurance training sessions.

Race

Optimize Simultaenous Carb-Fat Oxidation for high-intensity performances

RACING & HIIT TRAINING SESSIONS

PRE-HIIT SESSION/RACE: NO CARBS 2HOURS PRIOR

DURING HIIT/RACE: FIRST 30 MINS - SFUELS TRAIN

>30 MINS SFUELS RACE+ 1 SRV/HR*

*MIX SFUELS RACE+ IN 16OZ OF COLD WATER. *FOR OPTIMAL RACE SERVING DOSE/HR, DOWNLOAD SFUELS OPTIMZATION GUIDE.*

TEST: Strong performance, no Gut/GI distress through HIIT sessions or Racing.

QUICKSTART SAMPLE PACK

Start your SFuels Quick-Start today with our QuickStart SFuels sample pack. Scan the QR code to buy your discounted SFuels Pack.

https://www.sfuelsgolonger.com/collections/shop-all/products/sfuels-sample-pack-2020

SFUELS LIVE: VIDEO CONTENT

WATCH VIDEOS - CLICK HERE

Dave Scott
6X Ironman
World Champion

Dr. Dan Plews
Ironman AG
World Champion

ENDURE IQ

Endure IQ breaks down the science of endurance performance into practical information through online education courses and learning communities which will empower you with the understanding needed to find your sweet spot.

LEARN MORE
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