

ULTRA RECIPE



1

Avoid Bonking

Train Metabolic Flexibility

2

Finish Stronger

Preserve Glycogen – Efficiently Burn Fat

3

Reduce Gut Distress

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.

PREP: Add RACE+ powder to ~30-50Gr/Hr into softflasks – roll&band. Prep your race-day solid fuels (training tested).

RACE MORNING

PREPARE: SFuels BULLET or softflask with 2 x SFuels PRIMED sachets w/water (hold in your race belt, vest, or race suit). If race >6hrs, have 2nd / 3rd 2xPRIMED soft flask also prepared

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

START PRIMED: 1-2hrs Pre Race-Start: Sip on mix of 1-serve SFuels TRAIN and 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 start sipping on the 2x SFuels PRIMED – finish during 1st hour. Also take at 6 and 12hour marks of race.

>60mins: Target 30-50Gr/Hr of Race+ drink. Drink every 10-15mins. Add water to softflask Race+ powder at checkpoints. Have salt capsules separate.

Solid fuel: Take as needed, ideally from 2Hrs in. Minimize fructose/glucose solid foods. Focus on whole foods (soups, sandwiches, rice, fruit, potatoes, cheese, cold meats, Life Bar).