

➤ FASTER TRAINING



PRE-WORKOUT ▾



DURING WORKOUT ▾



POST-WORKOUT ▾



DAILY ▾



▾ NITRATE ENDURANCE GEL



2 HOURS PRIOR TO
EVENT

▾ ENERGY GEL



DURING HIGH
INTENSITY
TRAINING

▾ REFUEL & REBUILD



30 MIN
FOLLOWING EVENT

▾ CREATINE + HMB



SERVES DAILY

▾ ENERGY GEL



1 HOUR PRIOR TO
EVENT

▾ BCAA POWDER



SIP DURING WEIGHT
TRAINING

▾ BCAA POWDER



BETWEEN MEALS

▾ PRE-WORKOUT FUEL



30 MIN PRIOR TO
EVENT

▾ UM MAGNESIUM



AWAY FROM FOOD
POST-TRAINING

➤ FASTER TRAINING



CARBOHYDRATE FOR RECOVERY AND PERFORMANCE

During prolonged exercise, ingesting carbohydrates can prevent drops in blood glucose concentration and may help to maintain high rates of carbohydrate oxidation which is needed to maintain high intensity exercise. Glucose is rapidly used at around 60g/hour. The optimal amount of carbohydrate intake is dependent on what your own digestive system can handle.

Carbohydrate, when consumed after exercise, is taken up into glycogen stores. When combined with protein within the first 30 minutes post exercise, carbohydrates are utilised for muscle tissue repair and recovery. The better your fuel and recovery strategy, the better your ability to perform at your next session!