

➤ MARATHON & ULTRAMARATHON



CARBOHYDRATE LOADING ➤

ELECTROLYTE FORMULA ➤



TWO TO THREE TIMES DAILY
2-3 DAYS PRIOR TO AN EVENT.



PRE-WORKOUT ▼



DURING WORKOUT ▼



POST-WORKOUT ▼



DAILY ▼



▼ NITRATE ENDURANCE GEL



2-3 HOURS PRIOR
TO EVENT

▼ ELECTROLYTE FORMULA



EVERY HOUR FOR
EVENTS LONGER
THAN 1 HOUR

▼ ELECTROLYTE FORMULA



IMMEDIATELY
FOLLOWING EVENT

▼ REFUEL & REBUILD



30 MIN FOLLOWING
TRAINING

▼ ULTIMATE ENDURANCE



1 HOUR PRIOR TO
EVENT

▼ ENERGY GELS



EVERY HOUR

▼ REFUEL & REBUILD



30 MIN FOLLOWING
EVENT

▼ BCAA POWDER



BETWEEN MEALS

▼ ELECTROLYTE FORMULA



30 MIN PRIOR TO
EVENT

▼ ULTIMATE ENDURANCE



EVERY 2 HOURS
FOR EVENTS
LONGER THAN
1 HOUR

▼ UM MAGNESIUM



AWAY FROM FOOD
POST-TRAINING



DON'T HIT THE WALL

A marathon is a true metabolic challenge. Finishing a marathon at a fairly consistent pace is not an easy thing to do. The most common cause of 'hitting the wall' is a depletion in muscle glycogen. Running too fast, too soon risks rapidly depleting available fuel for working muscles.

A smart, strategic fuelling strategy that considers sweat losses and individual carbohydrate requirements and replenishment, both during training and on event day, combined with practised pacing is paramount to running a good race.