

ENDURA RACING & TRAINING CONSUMPTION CHART:

LOADING (consume from 2 hours prior to racing until 30 mins pre race)

1st hour

2nd hour

3rd hour

4th hour

5th hour onwards

RECOVERY (consumed in first 4 hours post race)

RECOMMENDED ENDURA SPORTS NUTRITION, USE FOR EVENTS UP TO 2.5 HOURS LONG

1 x Endura Optimizer

1 - 2 x Endura Rehydration (isotonic)
1x Endura Energy Gel

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1 x Endura Energy Gel

47 - 68 g

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47 g

Total carb (per hour)

700 mL

700 mL

350 mL

Total fluid (per hour)

RECOMMENDED ENDURA SPORTS NUTRITION, USE FOR EVENTS OVER 2.5 HOURS LONG

In addition load with 2-3 x Endura Rehydration (hypertonic) until 24 hours prior to racing

1 - 2 x Endura Rehydration (isotonic)
1 x Endura Energy Gel

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1 x Endura Energy Gel

1 - 2 x Endura Rehydration (isotonic)
1 x Endura Energy Gel
½ x Endura Optimizer (250 mL)

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1 x Endura Energy Gel
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1 - 2 x Endura Rehydration (isotonic)
1 x Endura Energy Gel
½ x Endura Optimizer (250 mL)

1 x Endura Optimizer

Total carb (per hour)

60 g

47 - 68 g

47 - 68 g

77 - 98 g

77 - 98 g

77 - 98 g

60 g

Total fluid (per hour)

500 mL

700 mL

700 mL

950 mL

950 mL

950 mL

500 mL

For every 350 mL of Endura Rehydration (or 250 mL Endura Optimizer) not consumed, replace with 1x Endura Energy Gel

Endura Rehydration is for serious nutrition and rehydration during exercise and unlike other sports drinks contains a full range of electrolytes including Meta Mag® to support energy production as well as sports rehydration.

Use Endura Rehydration during training to determine the right level for your athletic performance. If required alternate with Endura Gels as required to sustain your energy.