STEP BY STEP ENDURANCE FUELING PROTOCOL

Pre-Workout

OPTIONAL — 4Days

4 days before Race Day: Race Day Boost (Supports the Oxygen utilization in the muscles significantly)

3-4h

Easily digestible meal with 300 – 400 calories

1h

2 Endurolytes Caps

OPTIONAL — 30min

Before takeoff: anti-fatigue (eliminates "heavy legs")

15min

1 Energy Gel 15 min before the start

OPTIONAL — 15min

Before the Start: Fully Charged (Pre-Workout Booster)

Exercise

HAMMER TIME START

1h

2h

3h

4h

PER HOUR:
Calories: 120 – 180 kcal (+/-) When you want to mix different fuels, make sure to not go over the maximum amount of calories per hour.
Water: 500 – 800 ml (+/-)
Electrolytes: 1-3 Endurolytes / 1-2 Endurolytes Extreme/FIZZ

Depending on your needs, you can choose the drinks:
- FIZZ (electrolytes without calories)
- HEED (electrolytes with calories)
- Perpetuem (2-3 hour+ exercise, mainly aerobic)
- Sustained Energy (2-3 hour+ exercise, with anaerobic parts)

Post-Workout

<30min

Recover shake post-workout Then a meal

OPTIONAL — <30min

Post-Workout: Tissue Rejuvenator (maximizing recovery significantly at hard training phases/races, and targets joint and muscle soreness)