## **ENDURA RACE GUIDE FOR MODERATE TO INTENSE EXERCISE**

4<sup>™</sup> HOUR 2 HOURS -2-3 DAYS 30 MINUTES 1<sup>ST</sup> HOUR 2<sup>ND</sup> HOUR 3<sup>RD</sup> HOUR **ONWARDS EVERY RECOVERY BEFORE EVENT BEFORE RACE HOUR TAKE: Endura Rehydration Endura Rehydration Endura Rehydration Performance Fuel** Performance Fuel **Performance Fuel** 1 dose 1 dose **Endura Rehydration** 1 dose **Endura Optimizer** Performance Fuel 3 times daily 1 serve within 4 hours 1-2 doses **Endura Rehydration Endura Rehydration Endura Sports Endura Sports** after exercise and Performance Fuel Performance Fuel 1 serve before bed **Energy Gel Energy Gel** 1 dose 1 dose **Endura Optimizer** 1-2 serves 1-2 serves **Endura Optimizer** 1 serve 1 serve up to 3 times daily Endura **Endura Sports Endura Sports Endura Optimizer Endurg Optimizer Performance Bar** or **Energy Gel Energy Gel** 1/2 serve 1/2 serve 1 bar within 4 hours Endura 1 serve 1 serve Endura after exercise and Performance Bar Performance Bar 1 bar before bed 1 bar Endura 1 bar Endura **Performance Bar** Performance Bar up to 3 times daily 1 bar 1 bar For isotonic rehydration, energy, to For optimal recovery replenish glycogen stores and conserve For carbohydrate and magnesium loading For isotonic rehydration and energy after endurance muscle mass and a liquid meal with training and racing instant calories for endurance nutrition

- For AIS rehydration recommendations take Endura Rehydration Performance Fuel,
  1 dose every 20 minutes of exercise.
- Endura Rehydration Performance Fuel (350 mL) can be substituted for Endura Rehydration Low Carb Fuel (350 mL). For every Endura Rehydration Performance Fuel not consumed, replace with 1 serve of Endura Sports Energy Gel for carbohydrates.
- For every Endura Rehydration Performance Fuel (350 mL) or Endura Optimizer (250 mL) not consumed, replace with 1 serve of Endura Sports Energy Gel.

- Endura Rehydration is for serious nutrition and rehydration during exercise and contains a full range of electrolytes including Meta Mag<sup>®</sup> Magnesium to support energy production as well as sports rehydration.
- Use Endura Rehydration Performance Fuel during training to determine the right level for your athletic performance. If required, alternate with Endura Sports Energy Gels.

