



Endurance Race Guide

This guide is designed to show you how best to use our products on race day. Practice makes perfect and good nutrition strategies can make for great performance.

Pre-event

Event

Post-event

60+
mins

45-0
mins

EVERY
1hr

WITHIN
20
mins

2
hrs

Start



Finish



MuleBar
or
MegaBite

1
Kicks Gel

1-2 MuleBars
or
1-3 MegaBite
or
1-2 Kicks gel

1 ReFuel Bar
or
1 Kicks Gel

Post exercise

That well
deserved pub
lunch, lean
protein + extra
veg



Hydrate: you lose between 0.5 and 2 litres of water per hr during exercise. The sodium in Kicks Gels replaces lost salts and aids water retention.

15
to
20
mins

Consuming 20g of carbohydrate every 15-20 mins is the most effective way

WE FEED
THE
STATION
SPORTS NUTRITION