



PureSport Usage Protocol: Marathon Running (42.2km)

PureSport Workout replaces lost fluids and electrolytes, restores fuel during exercise for more energy and improved performance. PureSport Recovery used in the build up to your competition aids in maximising glycogen stores in both the muscles and liver. PureSport Recovery must be used in conjunction with a balanced diet to achieve maximum muscle fuel storage.

Each person is different, therefore these individual differences should be taken into consideration and all recommendations should be tested in training before using in a race.

Day		Recommendation
Days 2 & 3 Prior to Race		<p>PureSport Workout consumed pre and during all sessions as per normal.</p> <p>PureSport Recovery (2xScoops in 400-500ml of cool water) after each session, even if it is a light session.</p> <p>If it is hot and humid then option to consume an additional bottle of Workout (2 Scoops or 2x stick packs) in 750-800ml of cool water during the day. This loads electrolytes which will be lost through heavy sweating during the race and can be a cause of cramping.</p>
1 Day Prior	AM	<p>Easy session - 750ml of Workout (2xScoops). Consume 200-300ml prior to starting session, finish bottle after session.</p> <p>Recovery (2xScoops in 400-500ml of cool water) immediately following this session.</p>
	PM	<p>1x Workout drink (2xScoops in 750-800mls of cool water). Loading water & electrolytes, while topping up glycogen stores.</p>
Race Day	AM	<p>Pre-race meal – Very individual. Should focus on bland foods with carbohydrates. Optional to add a Recovery drink (1-2x Scoops in 400-500mls of water) consumed approximately 2hrs prior to race start. This provides a great energy source without fibre or bulk.</p> <p>1x Workout (2 Scoops in 750ml of cool water consumed over 80-90mins to be finished 10-15mins prior to race start.</p>
During Race		<p>During a marathoner you are trying to replace lost fluid from heavy sweating as well as provide additional fuel for your muscles to work stronger for longer. Using PureSport Workout in a concentrate form along with water from on course, will provide everything you need for a PB performance.</p> <p>Mix 3x Scoops of Workout (36gms) with 250ml of water and place it in a fuel belt bottle or the like. Consume 1 bottle each hour 1/3 every 20mins along with water from on course to remain hydrated.</p>

Note: All protocols should be used in training. DO NOT do anything for the first time on race day.

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Usage

PureSport Workout should be consumed in 125ml-200ml doses approximately every 15-20minutes to promote absorption.

During Hard Workout/Race

2-3 Scoops in 750ml to 1litre of water consumed* as outlined above per hour of workout.

*Amount of water consumed will depend on heat, humidity, size of athlete, intensity of exercise and individual differences and efficiencies in body cooling. Above recommendations are for athletes 60-90kg. For those athletes 40-59kg reduce Workout to 1-2 Scoops in 600ml to 750ml of water depending upon weather conditions.

Dosage – Workout 1 Scoop = 12g or 1 stick pack
Recovery 1 Scoop = 35g or 1 stick pack

Glycogen Loading with PureSport Recovery

PureSport Recovery should be consumed within the first 15minutes of completing your workout. For maximum results you must open muscle fibre pathways during your training sessions.

On the day before the race one way to achieve this is by doing 90-180secs of race pace or slightly faster (not a sprint) effort using the muscles to be loaded.

2x scoops in 400-500ml of water consumed within 15minutes of completing your session.

For longer races such as a marathon it is recommended that you have another 1-2 scoops of Recovery 90-120mins after the session.

It is recommended that NO major change to diet should be undertaken in the last week prior to competition.

Making up your drink the night before training and keeping it in the fridge provides a cooler drink. Adding some ice cubes will keep your drink cool during your race/training session.

We thank you for using the PureSport product and look forward to your feedback.

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