



## PureSport Usage Protocol: Marathon Swimming (10km)

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
<b>Days 2 &amp; 3 Prior to Race</b>		<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.</p>
<b>1 Day Prior</b>	AM	<p>Easy session using 750ml of Workout (2xScoops). Consume 200-300ml prior to starting session.</p> <p>Recovery (2xScoops in 400-500ml of cool water) immediately following this session.</p> <p>Second Recovery (2xScoops in 400-500ml of cool water) 2hrs after session.</p>
	PM	<p>1x Workout drink (2xScoops in 750-800mls of cool water). Loading water &amp; electrolytes, while topping up glycogen stores.</p>
<b>Race Day</b>	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.</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>
<b>During Race</b>		<p>Workout consumed based on weather conditions and personal preference. 2-3 Scoops (2-3 stick packs) in 750ml of water consumed every 60-75minutes.</p> <p>For races over 90mins consume 1x Recovery concentrate as a high caloric fuel (gel replacement), every 1hr of the event. (See concentrate recipe on next page).</p>

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

**TRAIN STRONGER. RECOVER BETTER. RACE FASTER.**



## Usage

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

**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 of water consumed\* as outlined above per 60-75minutes 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 recommendation is for an athlete 60-90kg. For those athletes 40-59kg reduce Workout to 1-2 Scoops in 600ml to 750ml of water depending upon weather conditions.

### **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 or where the session was longer it is recommended that you have another 1-2 scoops of Recovery 2hrs after the session.

### **Concentrate Mixture**

PureSport Recovery taken as a concentrate is the ideal high caloric fuel for longer races providing 128 calories in each serve. Mix in a ratio of 1 Scoop of Recovery to 100ml of water. Put into fuel belt bottles and consume 100ml every hour, starting approximately 40-60 minutes into the race.

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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**ADVANCED HYDRATION WITH PROTEIN**