



unived[®]

**MASTERING
RACE NUTRITION
GUIDE**



HELLO!

Nutrition can play a vital role in how you train, race, and recover. Dialing in your nutrition, requires you to try and fine-tune your nutrition during training, so that you are ready to execute on race day.

Three areas to focus on are; hourly caloric intake, flavour choice to combat taste-fatigue, and timing the quantity of caffeine you ingest.

The architecture of our line of endurance fuel products has been designed to offer you a wide variety of options across these areas.

You may refer to this a short guide-book which provides basic how-to-use guidelines that may help you better plan your training and race fuel intake.

Kindly note, nutrition is very personal, and you must develop the strategy that works for you.

Train hard, race hard, & enjoy the process!

UNIVED GEL 100



Consume 1 packet 10 min before the start.

- 100Kcal per packet
- Caffeine Options: 0mg, 50mg, & 100mg



Consume 1 packet ever 30-40 min during activity.



Tear, consume & follow with a few gulps of water.

UNIVED ELITE GEL 180



Consume 1 packet 10 min before the start.

- 180Kcal per packet
- Caffeine Options: 0mg, 35mg, 50mg, & 100mg



Consume 1 packet ever 30-40 min during activity.



Tear, consume & follow with a few gulps of water.

UNIVED ELITE DRINK MIX 160 & 320

For a Hypertonic drink:



- 1 packet of EDM 160 in 250ml water
- 1 packet of EDM 320 in 500ml water

Consume 40 min before the start.

- 160 & 320 Kcal per packet
- Caffeine Options: 0mg, 35mg, & 50mg



For an Isotonic drink, mix 1 packet in 500ml & 1000ml water, consume one packet every hour.



Works as a Hypertonic (Pre-activity) and Isotonic (During-activity) drink.

UNIVED ELITE RECOVERY MIX



During Ultramarathons, consume one packet every 4-6 hours.



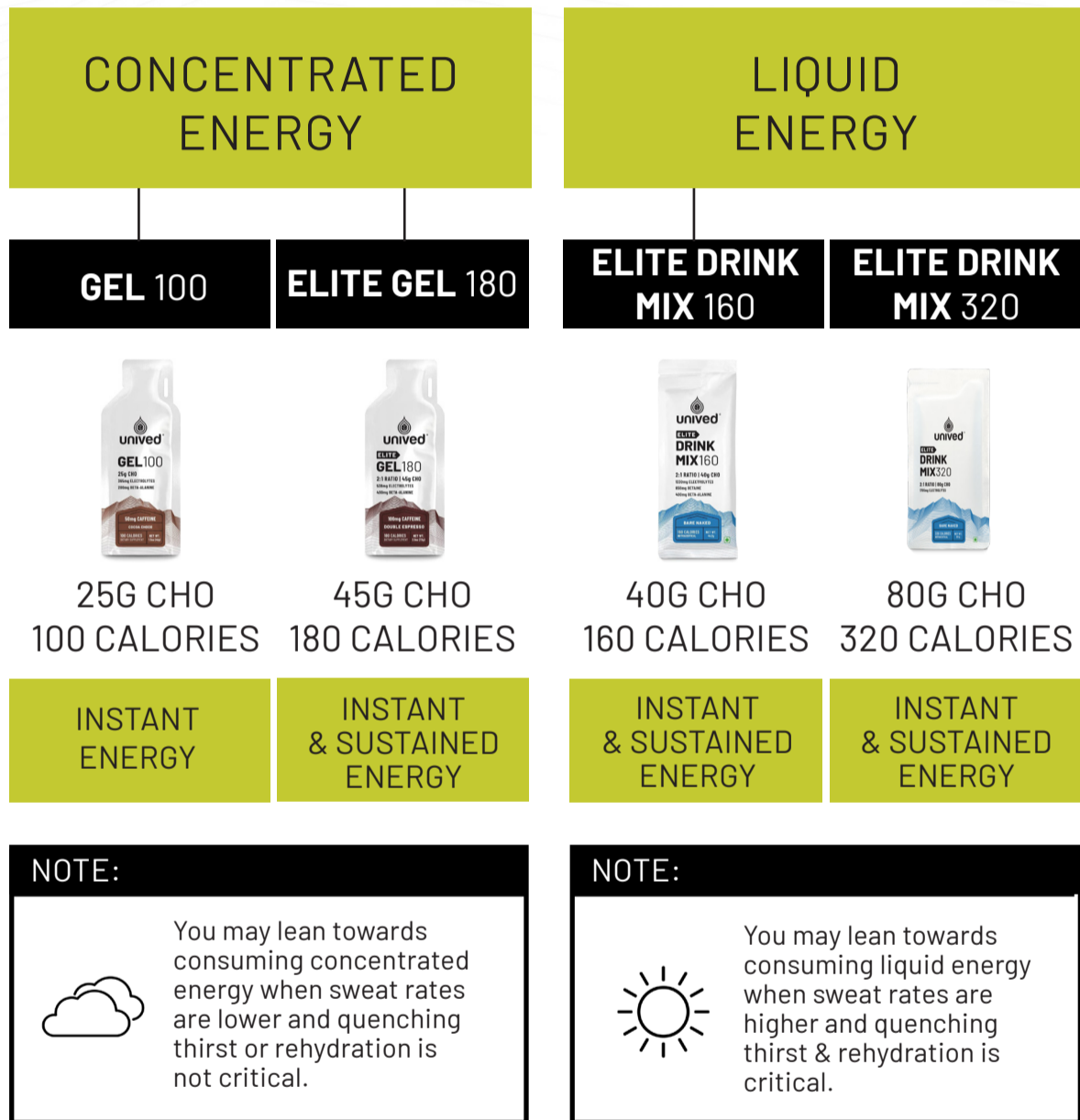
Drink 1 packet within 20 min of finishing your long & hard training sessions, and races.



Remember to always keep a few sachets in your car/gym bag.

DIFFERENT ENERGY FORMATS

DIFFERENT CALORIC OPTIONS



Aim to consume 200-360 calories per hour irrespective of climatic conditions.

HOURLY CALORIC INTAKE OPTIONS

Here are some equations for you to consider, based on hourly caloric intake. It is always important to experiment and test your fuelling strategy during training to better understand what works for you.

GEL 100	=	25g CHO 100Kcal	
ELITE DRINK MIX 160	=	40g CHO 160Kcal	
ELITE GEL 180	=	45g CHO 180Kcal	
GEL 100	+	GEL 100	= 50g CHO 200Kcal
GEL 100	+	ELITE DRINK MIX 160	= 65g CHO 260Kcal
GEL 100	+	ELITE GEL 180	= 70g CHO 280Kcal
ELITE DRINK MIX 320	=	80g CHO 320Kcal	
ELITE DRINK MIX 160	+	ELITE GEL 180	= 85g CHO 340Kcal
ELITE GEL 180	+	ELITE GEL 180	= 90g CHO 360Kcal

PLAN YOUR RACE NUTRITION

RACE DISTANCE	10-20 MIN BEFORE STARTING	EVERY 30-40 MIN DURING	WITHIN 20 MIN AFTER FINISHING
10K	1 Gel 100	1 Gel 100	1 Unived Elite Recovery Mix
21K	1 Elite Gel 180 or 1 Elite Drink Mix 160	1 Elite Drink Mix 160 & Gel 100	1 Unived Elite Recovery Mix
42K	1 Elite Drink Mix 320	Alternate 1 Elite Gel 180 with 1 Elite Drink Mix 160	1 Unived Elite Recovery Mix
ULTRA	1 Elite Drink Mix 320	Choose your Hourly Caloric Requirements based on combinations provided on page 6	1 Unived Elite Recovery Mix follow up with another if required

These are basic race nutrition guidelines. You should aim for 200-360 calories per hour for endurance activities over 2 hours. It is always important to experiment and test your fuelling strategy during training, for you to better understand what works for you.

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Let's keep our roads, trails, and planet clean!

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