



### TAILWIND NUTRITION- Fuelling Strategy.

We believe exercise nutrition should be simple and kept simple.

During exercise, our stomach can only digest between 200 and 300 calories per hour, regardless of who we are or how much we ingest, as the blood from our digestive system is channelled elsewhere to cope with the added stress on our system resulting in our metabolism slowing down. Our digestive system only has transport mechanisms for simple sugars, and NOT maltodextrin, which it must break down in order to access.

We recommend that you start using Tailwind Endurance fuel at 2 scoops (200 calories) or one Stick Pack per hour mixed into as much water as you will drink in that hour and repeat for every hour of exercise. This will give you 200 calories and all the electrolytes you will require without the need to supplement with ANYTHING else. Now of course things such as temperature, conditions, etc. will vary (and thankfully we are all individuals), so you may wish to mix it with more/less water depending on the day. The important thing you are trying to ensure is that you are consuming your 200-300 calories every hour. Through training/trial and error you will find your "Sweet Spot" when **drinking to thirst** for you as an individual, which is any signal from your mind or body to have a sip (when you think of/see moisture/sweat or feel thirsty/dry mouth). On average, and under normal conditions, **most people when drinking to thirst will consume 500mls**, which is why we recommend a great starting point is 200calories/500mls per hour.

So basic fuel plan is now time-based and not distance-based: If you are going to be out there for 3hrs between checkpoints, you will need 6 scoops or 3 stick packs mixed into however much water you will drink in those 3 hrs (when drinking to thirst), then repeat for the next leg, etc. right from the start line, through the entire event all the way to the finish line without needing to supplement with anything else.

So taking your target of 200-300 calories per hour into account, if you wanted to add anything else to your nutrition strategy in addition to Tailwind, just remember that you

**ALL YOU NEED. REALLY.™**



may have to stick to plain water for the hour or so that you have solids, gels, energy bars, baby food, etc. as you don't want to go over the 300 calories (Tailwind has calories and electrolytes). Alternatively, you can halve the Tailwind (100 calories) and have say 1 gel (usually around 100 calories depending on the brand) or solid food (if you have calculated its calorie content). Also, remember that each gel or energy bar takes 20-30 minutes, requires 285-330mls of water, and needs your system to work harder to break it down to simple enzymes that our body can transport in order to get digested. So, you will need to work that into the equation to prevent energy dips/spikes. **Stick to 200-300 calories an hour** and you will be right on the money.

**Most people DNF due to consuming way *too many* calories**, which is why Tailwind Nutrition has simplified it, 2 scoops per hour mixed into the amount of water you will require is **ALL YOU NEED. REALLY!**

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