



## **PRACTICE YOUR NUTRITION** by Gavin Markey of Tailwind Nutrition Australia

Here is some "food for thought" (sorry bad pun I know) that may help with your nutrition strategy for the event. As we have extra time due to the postponement, now is the perfect time to practice and make mistakes in training, rather than on race day.

We believe exercise nutrition should be simple and kept simple. The main reason is that our stomach can only digest between **200 and 300 calories per hour during exercise** (regardless of who you are or how much we ingest (shovel in)), as the blood from our digestive system is channelled elsewhere to cope with the added stress on our system (metabolism slows down).

We recommend that you start using Tailwind Endurance fuel at 2 scoops per hour (each scoop (plastic one in the larger bags) is 100 calories, or each stick pack is 200(2scoops)) mixed into as much water as you will drink in that hour and repeat every hour of exercise. This will give you your 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, but the important thing you are trying to do is make sure that you are getting in your 200-300 calories every hour (through training/trial and error, you will find your "Sweet Spot") when **drinking to thirst** -any signal from your mind or body to have a sip.

On your next outing, practice listening to your body's signals on drinking to thirst, i.e., every time you think of moisture, see sweat, feel dry in the mouth, notice water, or hear your water sloshing, it is your body signalling to have a sip. On average, and under normal conditions, most people when **drinking to thirst**, will consume around 500mls, which is why we recommend a great starting point with Tailwind is 200calories/500mls per hour.

So basic fuel plan (time-based): If you are going to be out there for 3hrs between checkpoints, you will need 6 scoops mixed into however much water you will drink in those 3 hrs (when drinking to thirst), then repeat for the next leg etc. right through the entire run.

So taking all this into account, if you wanted to add anything else as well as Tailwind to break things up or add variety, there is no problem at all, just remember that you may have to stick to just plain water for an hour or so that you have solids or gels/cliff bar, baby food etc. as you don't want to go over the 300 calories, or half the Tailwind (100 calories) and say 1 gel (usually around 100 calories depending on the brand). Also, remember that each gel or Cliff bar takes 20-30 minutes and requires 285-330mls of water to get digested, so you will need to work that into the equation. Stick to 200-300 calories an hour and you will be right on the money.

**ALL YOU NEED. REALLY.™**

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The reason we have caffeine flavours as well is that caffeine is beneficial to endurance athletes as it promotes the mobilization of fatty acids in our bloodstream and not just the “buzz” factor. However, we recommend not to use the Caffeine flavours for more than 6 hours continuously if using it at 2 scoops per hour as each scoop contains 35mg caffeine. This means that every 2 scoops are the equivalent of a cup of coffee, so 6 hours would be 6 cups in a row, which could lead to a caffeine crash.

If you will be out there longer than 6 hours, we would recommend either using it at half dosage, by mixing it one scoop caffeine with one scoop non-caffeinated (like Naked flavour) or interspersing it every other hour with non-caffeinated flavours.

As soon as you finish your event, we recommend the Rebuild recovery be taken within 30-40 minutes upon completion, as this will kick start your recovery.

I hope this helps in some understanding about how to fuel and the body's requirements during exercise, but please feel free to call and chat, we are here to help you achieve your goals!!

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