

# FUELING A MARATHON

 THIS NUTRITION PLAN IS BASED ON A **3H-4H RACE**



## RACE DAY -3<sup>d</sup> & -2<sup>d</sup>

700g to 800g carbs

Min. 2 Liter fluids



Include a (low-fiber) carb source such as cereal, bread, pasta, rice... with every meal. Incorporate 3 high carb snacks in your meal plan such as the **6d ENERGY CAKE\***. Hydrate with drinks that provide both carbohydrates and electrolytes such as the **6d ENERGY SPORTS DRINK**.

## PRE-RACE MEAL -3<sup>H</sup>

200g to 300g carbs

500-750 ml fluids



Stick to foods you are used to eat. Focus on (low-fiber) high carb foods such as cereal, bread, jam, pancakes, pasta, rice... Incorporate liquid carbohydrates such as the **6d ENERGY SPORTS DRINK** when you have difficulties eating enough carbohydrates. Take one **6d NITRATE SHOT** immediately after this meal.

## BEFORE

## RACE

 **±60G CARBS/H**  
+MIN. 300MG SODIUM

## AFTER

MAX 5 PER DAY

5KM

10KM  
\*\*\*

15KM

20KM  
\*\*\*

25KM

30KM  
\*\*\*

35KM

40KM  
\*\*\*



ONLY IF HUNGRY

DRINK 150ML WATER AFTER INGESTING EACH BAR OR GEL FOR OPTIMAL ABSORPTION

WITHIN 30'

ENERGY BAR\*

ENERGY GEL  
+ CAFFEINE\*\*

ENERGY GEL

ENERGY GEL  
+ CAFFEINE\*\*

ENERGY GEL

RECOVERY SHAKE

-60'

-15'

START

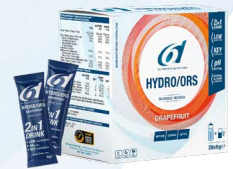
42.2 KM RUN



Drink 500ml **6d HYDRO/ORS**, or what you can tolerate, in the final hour before the race.  
- normal weather: 1 stickpack / 500ml (HYDRO)  
- hot & humid weather: 2 stickpacks / 500ml (ORS)



Drink water as needed at every aid station to avoid > 2-3% dehydration. When it is hot and humid consider carrying 2 soft flask of 250ml water with 1 stickpack **6d HYDRO/ORS**, especially if you are a "salty sweater". Spread intake evenly over the race, e.g. 125ml per intake moment.



### OPTIMIZE YOUR RECOVERY!

Consume 1 serving of **6d NIGHT PROTEIN** 30 minutes before bedtime on race day and race day +1d to aid recovery while sleeping!



### TRAIN THE GUT !

Never try a new nutrition plan for the first time during your race! In the final weeks leading up to the race, pick one longer training session per week, and practice your race nutrition plan to make sure your stomach and intestines are accustomed to your race day nutrition plan!

(\* = Apart from the suggested product, you are free to replace this product with another high carb snack such as the 6d Energy Fruit, 6d Energy Nougat or other products from the 6d bars & bites range.)

(\*\* = If you prefer not to use caffeine, you can use the regular 6d Isogel.) (\*\*\*) = Only for athletes with a trained gut.)

There are multiple ways to fuel your marathon, this is just one example. Contact [info@6dsportsnutrition.com](mailto:info@6dsportsnutrition.com) for additional questions.