

Intra-Fuels

Cheat Sheet

Carbohydrates are your muscles' preferred fuel source, especially during exercise. They are the most efficient fuel. However, just like a car's petrol tank has its limits, your body only has a finite amount of stored carbohydrates in your muscles and liver to utilize. If these stores run out, you may experience the dreaded "bonk" where exercise intensity drops and fatigue sets in. With this exercise performance declines and the risk of injury increases.

The positive relationship between carbohydrate intake and exercise performance is well established but just how much should we be aiming for exactly?

Recommended carbohydrate intake for performance

Duration of exercise	Carbohydrate Recommendation	Type of carbohydrate	Nutrition Training
< 30 mins	No carbohydrate needed		
45-75 mins	Small amount or Mouth rinse	Single or multiple transportable	Nutrition "gut" training recommended
> 1-2 hours	30 - 60 g / h	Single or multiple transportable	
> 2.5 hours	up to 90 g / h	Multiple transportable	

Training the gut

Your gut is an organ that responds to stress and adapts just like your muscles. By gradually increasing the amount of carbohydrate you consume during exercise you can trigger some beneficial physiological changes that will reduce the risk of gastrointestinal issues and enhance the delivery of fuel to your working tissues.

It takes time to train your gut so make sure you start at least 6 weeks out from your event.



Considerations for fueling during exercise

What makes a good intra-exercise fuel?

- ✓ High in carbohydrate
- ✓ Easy to consume while exercising
- ✓ Easy to digest
- ✓ And portable (for those that have to carry it)

What does 30g carbohydrate look like?

Energy Gel



1.2 gels
(50-70g)

Sports Drink



~2/3 bottle
(520mL)

Lollie Snakes



4 snakes
(40g)

Fruit Pouch



2 pouches
(180g)

Jam Sandwich



1/2 sammy
(50g)

Fruit filled cereal bar



1.2 bars
(45g)

Raisins



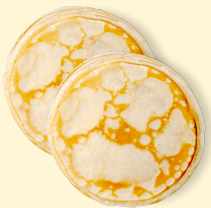
1 mini box
(40g)

Banana



1 large banana
(150g)

Pikelets



2 large pikelets
(80g)

Baked Pretzels



1.5 snack packs
(35g)

Creamy rice



2 small cans
(200g)

Rice crackers



2 rows
(40g)

Nutri-Grain



1 heaped cup
(45g)

Salted Potatoes



1 1/4 cup
(160 g)

Sports Confectionary



10 chews
(40g)

Fruit Cake



1 small slice
(60g)