CARBOHYDRATES INTAKES



IN ENDURANCE EVENTS



Duration of exercise 45-75 MINUTES 1-2.5 HOURS





Amount or carbohydrates needed

0-20g/hr

Mouth rinse or small CHO amount

30-60g/hr

CHO drinks or gels/ confectionery Up to 90g/hr

Mix of CHO drinks & more concentrated gels/ confectionery



Recommended type of carbohydrates Single or multiple transportable CHO

e.g. glucose or glucose + fructose

Single or multiple transportable CHO

e.g. glucose or glucose + fructose

ONLY multiple transportable CHO

e.g. glucose + fructose or glucose polymers like maltodextrin

