

Updated Recommendations: Fueling During Training/Racing

Duration	Intensity	CHO Amount and Type
<45 minutes	Any	None
45-75 minutes	Med-High	Mouth rinse, CHO type not important
1-2 hours	Med-High	30 gr/hour, CHO type not important
2-3 hours	Med-High	60 gr/hour, CHO type not important
>2 hours >3 hours	High Med-High	Up to 90 gr/hour, choose glucose + fructose

Source: Jeukendrup, SCAN conference, San Diego, March 2010.