

NUTRITION GUIDE CHALLENGE FAMILY - ST. PÖLTEN -

25th of may 2025

Look through and discover the customized nutrition plan that will give you energy and strength at every stage of the race. Depending on your target time we put together three different exemplary strategies for your race.

DON'T FORGET: *Food tolerance and needs are individual and therefore vary from athlete to athlete.*

*All products will be available on site at the various aid stations, **except the Fuel 90**. Please be aware that the supply on the aid station is limited. The team on the aid station is doing their best to supply everyone with the right nutrition. In case you have a strict plan, we advise you to take your own supply of products as well.*



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NUTRITION DURING 90 km BIKE

TOTAL

0 km

27 km
1st Aid Station

65 km
3rd Aid Station

90 km

SPEED
45 km/h

1x



1x



750 ml



1x



750 ml



1x



TIME 2 h:

CARBS 240 g

CARBS/h 120 g

+ FLUIDS

SPEED
40 km/h

1x



500 ml



1x



500 ml



1x



500 ml



1x



TIME 2 h 15 min:

CARBS 210 g

CARBS/h 93 g

+ FLUIDS

SPEED
30 km/h

500 ml



1x



500 ml



1x



500 ml



1x



TIME 3 h:

CARBS 180 g

CARBS/h 60 g

+ FLUIDS

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NUTRITION DURING 21,2 km RUN

TOTAL

0 km 2,5 km 5 km 7,5 km 10 km 12,5 km 15 km 17,5 km 20 km 21,2 km
 Aid Station Aid Station Aid Station Aid Station Aid Station Aid Station Aid Station Aid Station



SPEED
18 km/h

1 x



1 x



1 x



1 x



TIME 1 h 10 min:

CARBS 130 g

CARBS/h 120 g

+ FLUIDS

SPEED
12,5 km/h

1 x



200 ml



1 x



200 ml



1 x



TIME 1 h 40 min:

CARBS
130-150 g

CARBS/h 80 g

+ FLUIDS

SPEED
9,33 km/h

1 x



200 ml



1 x



200 ml



1 x



TIME 2 h 15 min:

CARBS 130 g

CARBS/h 60 g

+ FLUIDS

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