



VASALOPPET NUTRITION STRATEGY

BEFORE START
2 Pre Sport



1h before start
+ 30min before start

KM 11
Smågan



1 Liquid +
1 Carbo tab.

KM 24
Mångsbodarna



1 C2:1pro
Carbo Gel

KM 35
Risberg



1 C2:1pro
Carbo Gel

KM 48
Evertsberg



1 Liquid +
1 Carbo tab.

KM 62
Oxberg



1 Liquid Comp.
+ 1 Carbo tab.

KM 71
Hökberg



1 Liquid Comp.
+ 1 Carbo tab.

KM 81
Eldris



1 Liquid Comp.
+ 1 Carbo tab.

FINISH
1 WP Recovery



within 30min

WHY SHOULD I USE GELS WITH GLUCOSE AND FRUCTOSE IN A 2:1 RATIO?

The **2:1 glucose-to-fructose ratio** is scientifically proven to **maximize carbohydrate absorption**, crucial for sustaining energy during long races.

Glucose and fructose use different transport mechanisms so by combining both in a 2:1 ratio, athletes can **increase carbohydrate absorption** providing a sustained energy supply.

Additionally, this balanced ratio **minimizes the risk of gastrointestinal discomfort**, a common issue when consuming high-carb products.

Excess glucose saturates its transporter, leading to bloating and cramps. By incorporating fructose, which uses an independent pathway, the digestive burden is reduced, ensuring **efficient fueling without stomach distress** - key for endurance performance.



HOW MANY CARBOHYDRATES SHOULD I CONSUME DURING A RACE?

For amateur endurance athletes, the ideal carbohydrate intake **ranges from 30 to 60 grams per hour**, depending on intensity, duration, and individual tolerance. This helps maintain energy levels and delay fatigue without overwhelming the digestive system. To optimize performance, it's **crucial to test your nutrition strategy** in training before race day. Experimenting with different carbohydrate sources and intake levels allows you to find what works best for your body, **ensuring a steady energy supply**.

