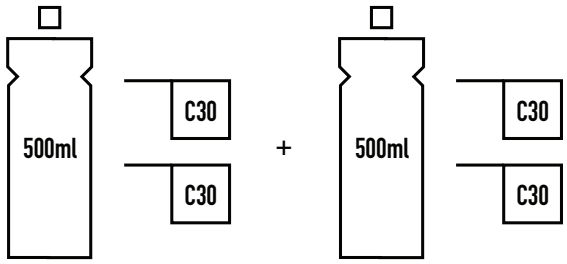
MARATHON FUEL GUIDE

NEVERSECOND®

PRE-LOAD [1 DAY BEFORE]

2x C30 Sports Drink in 500ml Water—2x Daily

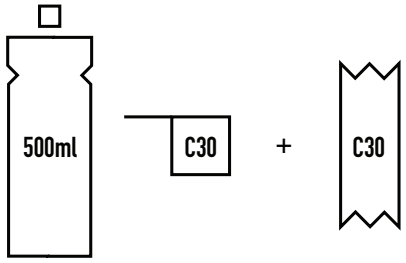


THIS FUEL GUIDE IS PROVIDED FOR REFERENCE PURPOSES ONLY. FUELING IS HIGHLY INDIVIDUAL, AND WHAT WORKS FOR ONE ATHLETE MAY NOT BE APPROPRIATE FOR ANOTHER. THESE GUIDELINES ARE INTENDED TO SERVE AS A STARTING POINT, AND NOT AS A PRESCRIPTION. ALWAYS TEST YOUR NUTRITION PLAN DURING YOUR TRAINING BEFORE APPLYING IT IN COMPETITION. ALWAYS LISTEN TO YOUR BODY, USE COMMON SENSE, AND ADJUST YOUR PLAN BASED ON YOUR PERSONAL NEEDS.

HYDRATION STRATEGIES IN PARTICULAR SHOULD BE FLEXIBLE—DRINK ACCORDING TO THIRST AND ACCORDING TO ENVIRONMENTAL CONDITIONS.

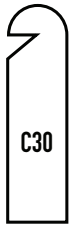
PRE-RACE [1-4 HOURS BEFORE]

1x C30 Sports Drink in 500ml Water; 1 x C30 Fuel Bar



DURING WARM-UP [15 MINUTES BEFORE]

1x C30 Energy Gel or 1 x C30+ Caffeine Energy Gel



IN-RACE

1x C30 Energy Gel every 30 minutes; Exchange for C30+ Caffeine Gel every third gel.

