

ENDURA TRAINING GUIDE

3 STEPS TO CHOOSING YOUR EXERCISE NUTRITION **1** **2** **3**

		1 INTENSITY OF ACTIVITY		3 CHOOSE YOUR PRODUCTS	
		LOW	MODERATE/HIGH		
2 DURATION OF ACTIVITY (HOURS)	<1	Magnesium Electrolytes	Magnesium Electrolytes <30 g carbohydrates per hour	Endura Rehydration Low Carb Fuel	
	1-2	Magnesium Electrolytes <30 g carbohydrates per hour	Magnesium Electrolytes 30 - 60 g carbohydrates per hour	Endura Rehydration Performance Fuel or Endura Rehydration Low Carb Fuel & Endura Sports Energy Gel	
	>2	Magnesium Electrolytes 30 - 60 g carbohydrates per hour	Magnesium Electrolytes 90 g carbohydrates per hour	Endura Rehydration Performance Fuel & Endura Sports Energy Gel Endura Rehydration Performance Fuel & Endura Sports Energy Gel + Endura Optimizer or Endura Performance Bar	

INTENSITY:

LOW: No noticeable changes in breathing. **MODERATE:** Noticeable increase in breathing and heart rate. **HIGH:** Unable to maintain a conversation. "Huff and Puff".

Examples of Endura products; for more Endura product options visit endura.com.au

These suggestions are for guidance purpose only.

Always read the label. Use only as directed. If symptoms persist consult your healthcare professional.