

CARBOHYDRATES INTAKES IN ENDURANCE EVENTS



Duration of exercise	Amount of carbohydrates needed	Recommended type of carbohydrates
45 to 75 min	0–20 g/hr Mouth rinse or small CHO* amount	Single or multiple transportable CHO e.g. glucose or glucose + fructose
1–2.5 hr	30–60 g/hr CHO drinks or gels/ confectionery	Single or multiple transportable CHO e.g. glucose or glucose + fructose
>2.5 hr	Up to 90 g/hr Mix of CHO drinks & more concentrated gels/ confectionery	ONLY multiple transportable CHO e.g. glucose + fructose or glucose polymers like maltodextrin

Images provided by PresenterMedia

Reference: Burke et al. IJSNEM 2019

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*CHO: carbohydrates