RACE PACK

OVER 3 HOURS



SPRING®
ENERGY

Own The Grind

Your race nutrition is key. With Spring Race Pack you can focus on racing! Follow the guideline below to help you get to the finish with confidence.

DRINK



Hydrate with Energlee drinks throughout the event and when needed, usually 15-30 fl oz per hour.

Drink Strawberry Matcha Power Drink 1 hour before Finish.

PRE

Eat Spring Energy Meal 30-45 minutes before the race.



RACE

Eat Spring Energy Gel every 30-40 minutes during the race.

Eat Spring Energy Meal after first 2 hours of effort.

Aim to consume a minimum of 150-250 Kcal per hour.



OVER 3 HOURS

POST

Drink Protein Shake 20-30 minutes after the race.



SPRING ENERGY

To ***learn more***, ***order***, or get more ***personalized plan*** for your next event, visit our website at ***www.myspringenergy.com***