RACE PACK

UP TO 3 HOURS



SPRING® ENERGY

You Got This

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.

PRE

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



RACE

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

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

UP TO 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***