MAP PRESENTS

LONG RUN FUELLING STRATEGY

PRACTICAL NUTRITION GUIDANCE
TO HELP YOU FUEL LONGER,
RUN STRONGER AND PERFORM BETTER.



MANNI ATHLETE PHYSIO

LONG RUN FUELLING STRATEGY

MAP / PERFORMANCE IS PERSONAL

FUEL THE WORK. TRAIN THE GUT. PREPARE FOR PERFORMANCE.

BEFORE YOUR LONG RUN

90
MIN

Aim for 1-4 g of carbohydrate per kg of body mass, depending on the session, your individual requirements and how much time you have before starting.

At 90 minutes pre-run, larger intakes may be difficult to tolerate. Use familiar, carbohydrate-rich foods and practise what works for you.

IF YOUR LONG RUN IS OVER 90 MINUTES

Start fuelling early rather than waiting until you feel depleted. Use long runs to practise the carbohydrate intake you plan to tolerate during prolonged endurance events.

60-90 g/h
Conventional target
for prolonged endurance exercise

120 g/h
Advanced target
after progressive gut training

40 g
Example gel dose
in the advanced strategy

ADVANCED LONG-RUN TIMELINE

START	20 MIN	40 MIN	60 MIN	80 MIN	100 MIN
Well fuelled	40 g	40 g	40 g	40 g	40 g

40 g every 20 minutes = 120 g carbohydrate/hour. This is a high-carbohydrate strategy. Build towards it progressively in training and only use it if you have demonstrated good gastrointestinal tolerance.

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TRAIN YOUR FUELLING

Your long run is where race-day nutrition becomes a trained skill.

THE MAP PROGRESSION

1	**Establish tolerance**	Begin with an intake you can comfortably tolerate.
2	**Increase progressively**	Gradually increase carbohydrate across suitable long runs.
3	**Practise exact products**	Use the gels, drink mix and fluids you intend to rely on later.
4	**Assess the response**	Track gut comfort, energy, hydration and late-run performance.
5	**Refine the strategy**	Keep the dose and timing that work for you. Performance is personal.

WHAT TO MONITOR

GUT
Bloating, nausea, urgency, cramping

ENERGY
Can you maintain output late in the run?

HYDRATION
Pair carbohydrate with an appropriate fluid plan

EXECUTION
Can you fuel consistently while running?

SAVE THIS BEFORE YOUR NEXT LONG RUN

Practise your fuelling in training. Refine what you tolerate. Then take a strategy you have already trained into race day.

Important: General education only, not individual nutrition or medical advice. Athletes with relevant medical or gastrointestinal conditions should seek appropriate professional advice.

GET THE RUNNER'S MANUAL - £29.99

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