CARBOHYDRATES INTAKES IN ENDURANCE EVENTS

- **45-75 MINUTES**
  - **Amount of carbohydrates needed**: 0-20g/hr
  - **Recommended type of carbohydrates**: Single or multiple transportable CHO
    - e.g. glucose or glucose + fructose

- **1-2.5 HOURS**
  - **Amount of carbohydrates needed**: 30-60g/hr
  - **Recommended type of carbohydrates**: Single or multiple transportable CHO
    - e.g. glucose or glucose + fructose

- **>2.5 HOURS**
  - **Amount of carbohydrates needed**: Up to 90g/hr
  - **Recommended type of carbohydrates**: ONLY multiple transportable CHO
    - e.g. glucose + fructose or glucose polymers like maltodextrin

Reference: Burke et al. IJSNEM 2019 © Copyright. World Athletics. All rights reserved.