

Swimming >90 min

An endurance swim of 90+ min including a proper warm up, sets of varying intensities and efforts, and a cool down.

Keep Drink Mix within reach from the pool and take sips during rest intervals or between sets for consistent fueling and hydration.

PRE-TRAINING

1-4 HOURS BEFORE



1 x Solid 160 or
1 x Drink Mix 160

DURING SWIM



1 x Drink Mix 320