

NUTRITION GUIDE CHALLENGE FAMILY - MOGÁN GRAN CANARIA-

18th of april 2026

Look through and discover the customized nutrition plan that will give you energy and strength at every stage of the race. Depending on your target time we put together three different exemplary strategies for your race.

DON'T FORGET: *Food tolerance and needs are individual and therefore vary from athlete to athlete.*

*All products will be available on site at the various aid stations, **except the Fuel 90**. Please be aware that the supply on the aid station is limited. The team on the aid station is doing their best to supply everyone with the right nutrition. In case you have a strict plan, we advise you to take your own supply of products as well.*

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NUTRITION DURING 90 km BIKE

TOTAL



SPEED
45 km/h

1x 1x 750 ml 1x 750 ml 1x

TIME 2 h:
CARBS 240 g
CARBS/h 120 g
+ FLUIDS

SPEED
40 km/h

1x 500 ml 1x 500 ml 1x 500 ml 1x

TIME 2 h 15 min:
CARBS 210 g
CARBS/h 93 g
+ FLUIDS

SPEED
30 km/h

500 ml 1x 500 ml 1x 500 ml 1x

TIME 3 h:
CARBS 180 g
CARBS/h 60 g
+ FLUIDS



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NUTRITION DURING 21,1 km RUN

TOTAL

0 km 2,5 km 5 km 7,5 km 10 km 12,5 km 15 km 17,5 km 20 km 21,1 km
 Aid Station Aid Station



PACE
3,3 min/km

1x 1x 1x 1x

TIME 1 h 10 min:
CARBS 130 g
CARBS/h 120 g
+ FLUIDS

PACE
4,8 min/km

1x 200 ml 1x 200 ml 1x

TIME 1 h 40 min:
CARBS 130-150 g
CARBS/h 80 g
+ FLUIDS

PACE
6,4 min/km

1x 200 ml 1x 200 ml 1x

TIME 2 h 15 min:
CARBS 130 g
CARBS/h 60 g
+ FLUIDS