

PEAK PUNK®

MARATHON FUEL



OFFICIAL RACE
NUTRITION PARTNER

OCHSNER
SPORT ZÜRICH
MARATHON

These tips are made for the average runner. If you are super light, super heavy or seriously experienced, you might tweak things - but for most people this hits the mark.

1. BEFORE TRAINING AND BEFORE LONG RUNS

Eat something that kicks in fast and sits easy in your stomach. Examples: banana, toast with honey, oats or a bar. Drink: around 300-500 ml of water with electrolytes in the last 30-60 minutes before you start.

2. DURING LONGER TRAINING RUNS (from about 60-70 minutes)

Reload every 30-40 minutes: gels, half a bar or a banana. Drink: around 400-800 ml of water or electrolytes per hour - depending on temperature and your body size. Small sips, steady rhythm. Do not wait until you feel thirsty. Electrolytes matter. Many runners lose 600-1200 mg sodium per litre of sweat.

3. THE DAY BEFORE THE MARATHON

Eat more carbs than usual: pasta, bread, rice, potatoes, fruit. No experiments - only foods you know and tolerate. Drink enough, but do not overdo it.

4. MARATHON MORNING

2-3 hours before the start: a light meal like porridge, toast, banana or something similar. No new foods. Add 300-500 ml of fluids.

5. DURING THE MARATHON

Take only what Zürich Marathon provides or what you bring yourself. Fuel early rather than late. Drink small sips

regularly. Peak Punk provides natural energy bars, gels and electrolytes. Recommendations:

- 30-60 g carbs per hour for runs up to 2.5 h
- 60-90 g carbs per hour for longer marathons

6. AFTER THE MARATHON

Your body needs three things right away:

1. eat something light and energy-rich,
2. drink,
3. refill salt.

Then eat normally, put your legs up, rest - and rebuild your carb and energy stores. Ideal: Electrolytes, High Protein Shake BCAA.

7. THE MOST IMPORTANT RULE

Test everything beforehand. What works in training works on race day. New stuff often causes trouble.

PEAK PUNK RACE FUEL

Before training:

- Peak Punk Bio Flapjacks, Protein or Energy Bars: fast, easy-to-digest snack
- Peak Punk Electrolytes: hydration and salt

During long training runs:

- Peak Punk Energy Gels: fast energy
- Take one every 30-40 minutes
- Peak Punk Electrolytes: keep fluids and salt on track

After training:

- Peak Punk Protein Shake: recovery and refill
- Then eat normally

In your general prep:

- Bars for a kick before intense runs
- Electrolytes on warm days or long sessions
- Test gels and bars in training so your body knows what is coming
- Shake after hard days as a fast restart

MARATHON FUEL

PEAK PUNK®



Natural Electrolyte



Natural Energy Gel



Protein Bar

Energy Bar



Oat Flapjack



Oat Flapjack

BEFORE:

- Natural Electrolyte
- Oat Flapjack
- Protein Bar

DURING:

- Natural Electrolyte
- Natural Energy Gel
- Energy Bar

AFTER:

- Natural Electrolyte
- Protein Bar
- High Protein Shake

RECOMMENDATION:

The exact amount depends heavily on temperature, pace and your personal sweat rate. Carbs per hour:

- 30-60 g carbs / h for runs
- up to 2.5 h
- 60-90 g carbs / h for longer marathons

HYDRATION AND ELECTROLYTES PER HOUR:

- Sodium is the key electrolyte in endurance sports
- 400-800 ml fluid per hour

NO BULLSHIT INSIDE.

