

## RECOMMENDED INSTRUCTIONS FOR

# ENDURANCE

### PRE-TRAINING FUEL

For a session lasting 60-90 minutes, combine all and take 40 minutes before. If your workout is fasted, you might boost UCAN to 2 scoops, but if you're "training low" stick to 1 scoop.

BRAND	PRODUCT	INSTRUCTIONS
THORNE	CATALYTE*	1 SCOOP
THORNE	AMINO COMPLEX*	1 SCOOP
THORNE	CREATINE*	1 PER DAY
HUMANN	BEETELITE CANISTER	2 TSP
UCAN	LIVESTEADY ORANGE	1 SCOOP

### DURING TRAINING FUEL

For a session lasting 60-90 minutes, you might carry water only, or water plus UCAN Hydrate for electrolytes. If you'll go for longer or have some intense uphill pushes or sprints, add 1 scoop of UCAN Livsteady or UCAN Edge during your session, either 20-30 minutes before a big push or for long days, every hour. If you're out for more than 3-4 hours, you'll want to add protein (thorne amino complex, collagen, meat sticks) and fat (nut butters), to the mix.

BRAND	PRODUCT	INSTRUCTIONS
UCAN	HYDRATE	1 SCOOP
THORNE	AMINO COMPLEX*	1 SCOOP
UCAN	LIVESTEADY ORANGE OR EDGE	1 SCOOP, REPLENISHED HOURLY

### POST-TRAINING FUEL

1-2 scoops UCAN (2 for longer sessions), 2 scoops amino complex, 1-2 scoops protein (2 for longer sessions), 1 scoop of Myostim. Eat a well-rounded meal in the next 90 minutes.

BRAND	PRODUCT	INSTRUCTIONS
THORNE	AMINO COMPLEX*	2 SCOOPS
DFH	MYOSTIM	1 SCOOP
DFH	PURE PALEO	1 SCOOP
UCAN	LIVSTEADY	1 SCOOP

