

Build Your Ultra Nutrition Plan

Advanced race nutrition planning with custom fuel library & saved plans

PREMIUM

Basic Information

☐ Use my profile settings (Auto-fill weight, sweat rate, and preferences)

Body Weight

70

Race Duration (hours)

10

Effort Level

Select effort level

Weather Conditions

Select conditions

Advanced Options

Personal Sweat Rate (ml/hour)

Leave blank to auto-calculate

Sodium Sensitivity

Normal Sweater

Ultra Experience Level

Experienced (3-10 races)

GI Tolerance

Normal digestion

☐ Dual Carb Sources (Glucose + Fructose)

☐ High Altitude Race (> 2000m)

☐ Strategic Caffeine Use

☐ Enhanced Electrolyte Strategy

☐ Prioritize Real Food Options

☐ Overnight/Multi-Day Event

Calculate Nutrition Plan

Your Advanced Nutrition Strategy

CARBS/HOUR

68g

Total: 2,380g

FLUIDS/HOUR

684ml

Total: 23,940ml

SODIUM/HOUR

550mg

Total: 19,250mg

CAFFEINE/HOUR

0

Total: 0mg

Fueling Strategy

Aid Stations

Performance

Race Planning

Risk Mitigation

Advanced Metrics

Caffeine/Hour

10mg

Total: 340mg

Magnesium/Hour

75mg

Potassium/Hour

75mg

Calcium/Hour

50mg

Advanced Fueling Strategy

Real Food - Bananas

→ 3 bananas per hour

→ ~68g carbs/hour

→ Natural, easy to digest

→ Potassium bonus

Real Food - Dates

→ 4 dates per hour

→ ~68g carbs/hour

→ Natural sugars, portable

→ Medjool dates recommended

Energy Bars (Real Food)

→ 2 bars per hour

→ ~68g carbs/hour

→ Brands: Larabar, RXBAR, Clif Nut Butter

→ More filling, sustained energy

Mixed Strategy

→ 2 gel + banana/hr

→ 342ml sports drink

→ 342ml water

→ Variety prevents taste fatigue

Hour 1

48g carbs

547ml fluids

550mg sodium

Night hours - reduce intake

Hour 2

48g carbs

547ml fluids

550mg sodium

Night hours - reduce intake

Hour 3

48g carbs

547ml fluids

550mg sodium

Night hours - reduce intake

Hour 4

48g carbs

547ml fluids

550mg sodium

Night hours - reduce intake

Hour 5

68g carbs

684ml fluids

550mg sodium

Hour 6

68g carbs

684ml fluids

550mg sodium

Hour 7

68g carbs

684ml fluids

550mg sodium

Hour 8

68g carbs

684ml fluids

550mg sodium

Hour 9

68g carbs

684ml fluids

Hour 10

68g carbs

684ml fluids

Hour 11

68g carbs

684ml fluids

Hour 12

68g carbs

684ml fluids

Save Plan

Export Plan (PDF)

Share Plan

Start Over

Plan Details

Race: UTMB

Location: Chamonix, France

Elevation: 10,000

Terrain: Mountain

My Nutrition Plans

UTMB 2026

35h • moderate effort • moderate

68g/hr carbs • 684ml/hr fluid

Dual-carb • Caffeine • Altitude

10/5/2025

Load

Edit

Delete

Disclaimer:

This premium calculator provides advanced estimates for educational purposes. Always test your nutrition strategy during training and consult with a sports nutritionist or medical professional for personalized advice.