

LONG RUN FUEL REHEARSAL

Train your gut over four long runs, so race day is the most boring day of your block.

REHEARSAL BLOCK

4

SUNDAY LONG RUNS

1

One task per week

Do it on your longest run of the week.

2

Log the numbers

Honest beats good-looking.

3

Race what you rehearsed

Nothing new on race day. Nothing.

WEEK 1

1

Date _____

BASELINE

Fuel exactly as you normally would. Log it honestly: this is your starting number.

Distance	Time	Carbs (g)	Carbs / hr	Fluid / hr	Gut 1–5	RPE @ 30km

Notes: _____

WEEK 2

2

Date _____

STEP UP

Add about 15g of carbs per hour to last week. Start by 30–40 min, then every 20–25 min.

Distance	Time	Carbs (g)	Carbs / hr	Fluid / hr	Gut 1–5	RPE @ 30km

Notes: _____

WEEK 3

3

Date _____

RACE PRODUCTS

Only the gels, drinks and timing you'll use on race day. No new products after this week.

Distance	Time	Carbs (g)	Carbs / hr	Fluid / hr	Gut 1–5	RPE @ 30km

Notes: _____

WEEK 4

4

Date _____

DRESS REHEARSAL

Race-morning breakfast, race kit, race fuel at your target carbs/hr. Treat it like the real thing.

Distance	Time	Carbs (g)	Carbs / hr	Fluid / hr	Gut 1–5	RPE @ 30km

Notes: _____

QUICK MATHS Carbs / hr = total carbs ÷ hours run. Check every label: gels and drinks vary a lot.**GUT SCORE** 1 = had to stop · 3 = noticed it · 5 = forgot it was there**RPE @ 30KM** Effort 1–10 at 30km (or the final quarter of a shorter run). Falling RPE week to week = it's working.

Still fading at 30–32km? That's a diagnosis job, not a willpower one.

Book a Free Running Diagnosis: geneconvery.com/coaching-fit

Gene Convery · Running & ultra coach, 20+ years · Qualified endurance sports nutritionist
General guidance only. Ongoing or severe gut issues? Talk to your GP or an accredited dietitian.