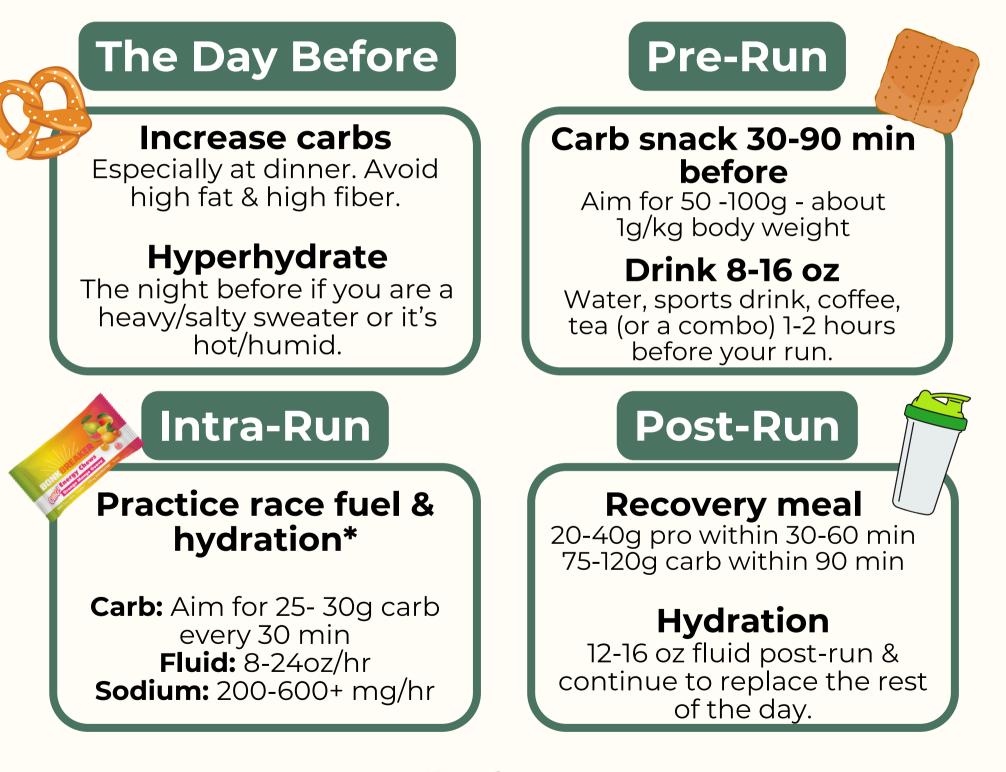
Long Run Nutrition & Hydration

To nail your long run (>90 min) nutrition & hydration, you need to think about <u>before, during & after</u> the run!



Featherstone

NUTRITION