* Refueling using high GI food, CHO gels or sports drinks is recommended to help glycogen sparing.
* Should be Carb loading. Tapering training for 2-4 days and consuming high CHO diet of 7-12g/kg body weight)
* Glycogen stores need to be replenished before next training/event. CHO and Protein together recommended.
* Glycogen stores will have been depleted. High GI CHO should be ingested in first 30min and 2 hours, Should combine CHO with protein.
* Good meal 3-4 hours before or light snacks 1-2 hours before . High G-I increases CHO availability. Avoid Low GI meals.
* Good meal 3-4 hours before or light snacks 1-2 hours before . High G-I increases CHO availability. Avoid Low GI meals.
* Adequate glycogen consumption
* Adequate glycogen consumption. Tapering of training in 24-36 hours before event.
* Good meal 1-4 hours before. Eat Low GI meal as it prolongs glycogen-reliance.
* No need for refueling if CHO are adequate. Sports drinks recommended for rehydration for extra CHO content.

Glycogen stores will have been mostly depleted.

* High GI CHO should be ingested in first 30 min and 2 hours. Should combine CHO with protein.

No need for refueling during event.

* Fluid replenishment is required. Water is fine but sports drinks also good as they are more palatable.