



Quickstart Guide.

***S*Fuels.**

Go Longer.



SPRING
'19



Coaches, athletes and industry begin the switch...

“Endurance athletes have long been concerned about all these sugar-carbs being consumed - but athletes have had no option. Athletes are looking for education and quality products that support them in establishing a baseline efficiency of fat-oxidation and easy-to use low-carb high-fat products for training and racing. The roadmap we’re building with SFuels is very exciting.”

A photograph of Dave Scott, a middle-aged man with short brown hair, wearing a dark blue polo shirt with horizontal stripes. He is standing outdoors with a blue ocean and sky in the background. He is pointing his right index finger towards the right side of the frame.

Dave Scott

6-Time Ironman World Champion. Coach. Teacher.

SFuels

IRONMAN® WORLD CHAMPIONSHIP

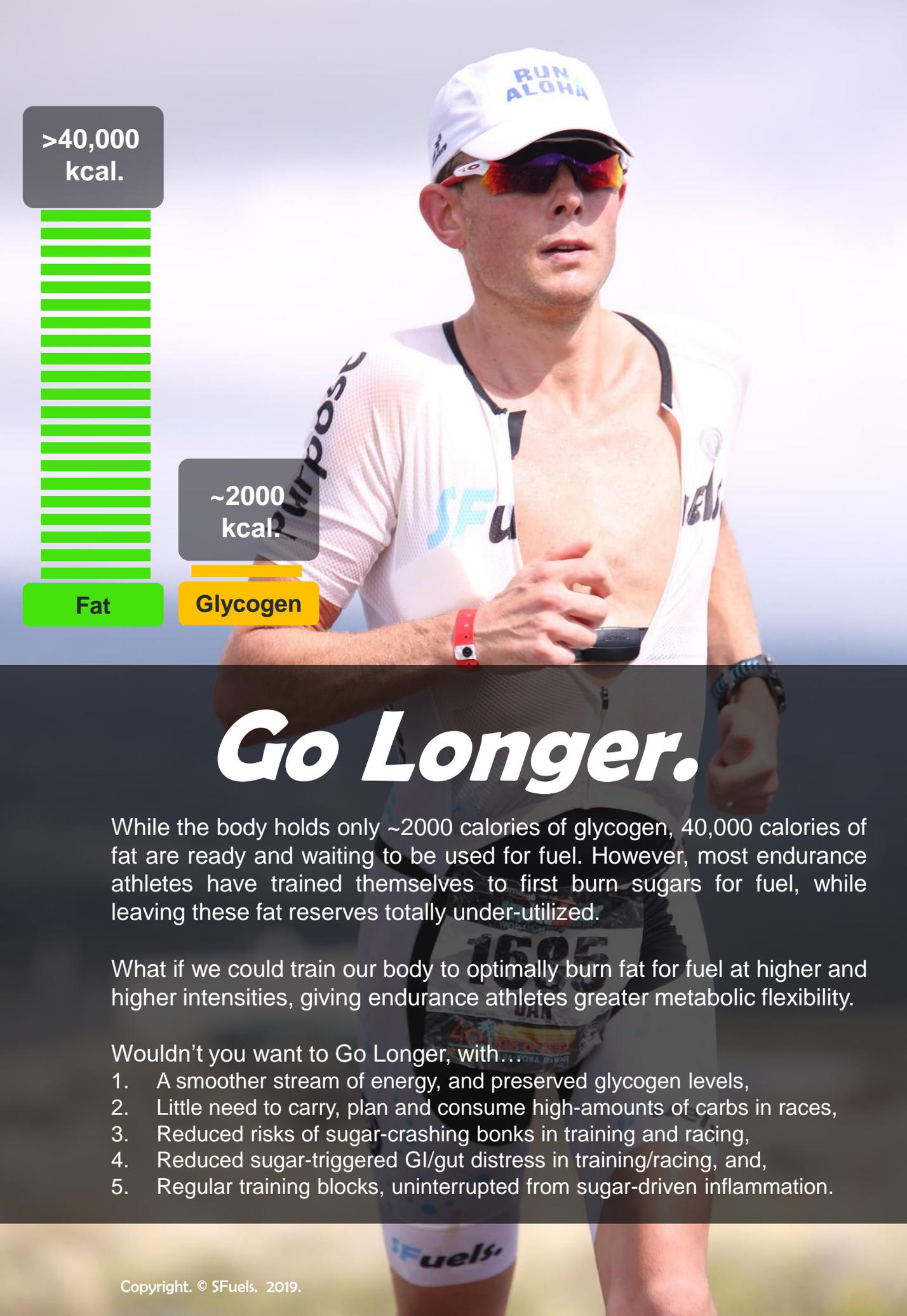


Professional and amateur athletes continue to experience the high risks of spiking and crashing blood-sugars during ultra-endurance racing and training.

Extreme blood sugars swings continues to be a key factor in DNF (Did Not Finish) or poor-performance results, from Gut distress, stable-energy and bonking (hitting the wall).

Without optimally training the body to perform efficient fat-oxidation, athletes have no option but to begin taking in high amounts of sugar-based fuels and drinks, and then left to experience there devastating effects.

Furthermore, these risks are not limited to racing alone. For years science has shown that the acute and chronic inflammation caused by swinging blood sugars is a leading cause of our most debilitating diseases.



>40,000
kcal.

~2000
kcal.

Fat

Glycogen

Go Longer.

While the body holds only ~2000 calories of glycogen, 40,000 calories of fat are ready and waiting to be used for fuel. However, most endurance athletes have trained themselves to first burn sugars for fuel, while leaving these fat reserves totally under-utilized.

What if we could train our body to optimally burn fat for fuel at higher and higher intensities, giving endurance athletes greater metabolic flexibility.

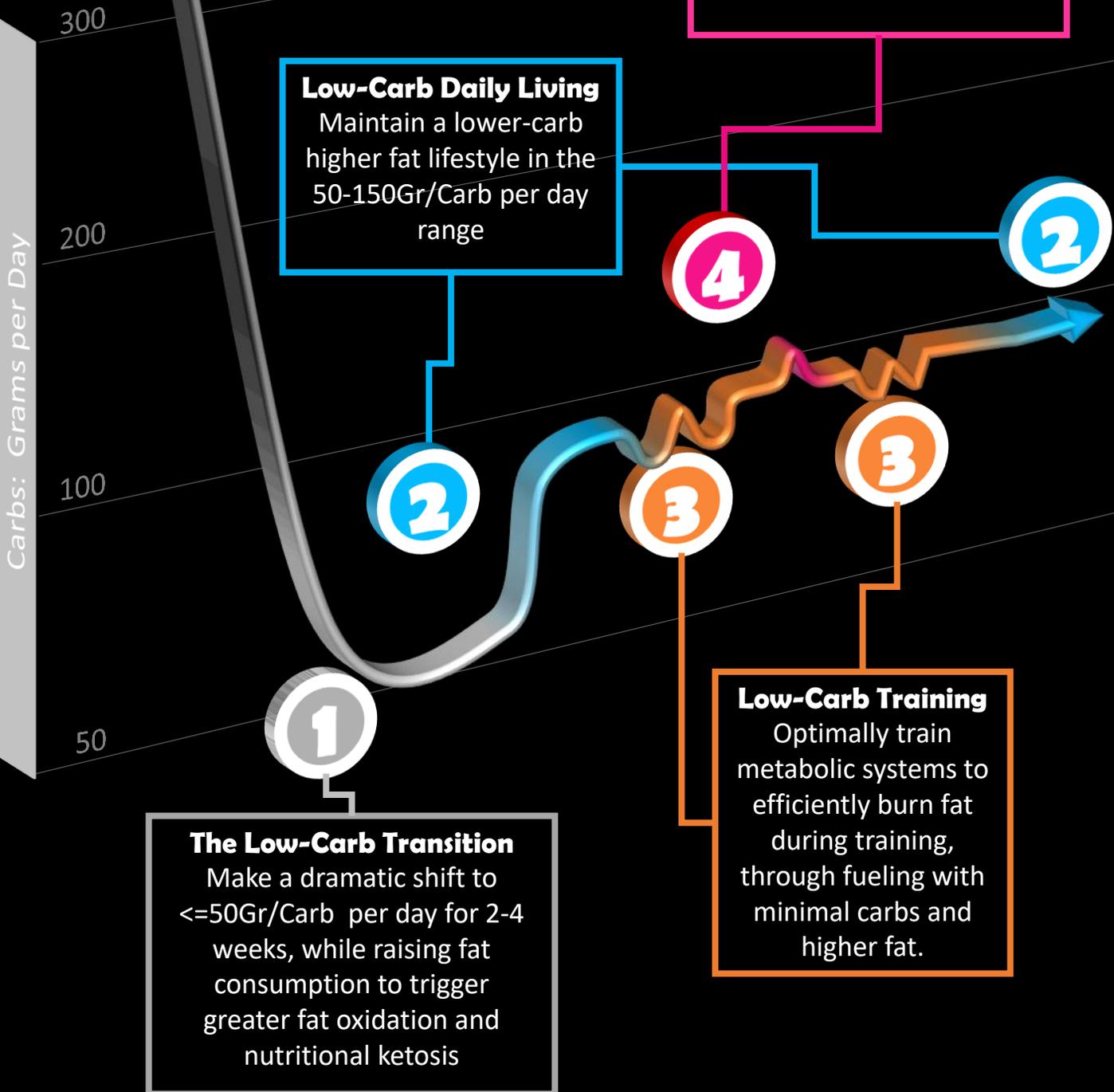
Wouldn't you want to Go Longer, with...

1. A smoother stream of energy, and preserved glycogen levels,
2. Little need to carry, plan and consume high-amounts of carbs in races,
3. Reduced risks of sugar-crashing bonks in training and racing,
4. Reduced sugar-triggered GI/gut distress in training/racing, and,
5. Regular training blocks, uninterrupted from sugar-driven inflammation.

THE LOW CARB JOURNEY

START

Typical high carb intakes can range from 200 grams to over 600 grams per day...





TRANSITION SHIFTS

Get started on your journey – by shifting your mix and type of foods – specifically lowering carbohydrates, increasing fat consumption and measure your proteins selectively.

CARBS REDUCE TO

50Gr
per day

FATS INCREASE TO

65–80%
of your daily
Calories

PROTEIN TIMED/MEASURED

0.6 – 1.0
Gr/Day per pound
Lean Body Mass¹

YES

Vegetables
Berries
Avocados

Creams, Butter, Nuts
Olive, Coconut Oil
SFuels.

Eggs, Cheese
Meats
...WITH FAT.

NO

Pastas, Rice, Grains
Cereals, Sodas, Juices,
Baking, sugar, candy

Safflower, soybean,
corn, peanut, canola
oils

Large protein meals in
a single serve



Scan me



VIDEO
Measuring
your Progress,
Making the
Shift.

<https://www.youtube.com/watch?v=w6k3tjRf1p8>

¹ Calculating your Lean Body Mass (LBM) is a measure of your weight, minus your body fat.



TRANSITION BLUES?

Don't be alarmed! It's a well-known fact that as you transition off a high-carb, refined sugar diet, your body will naturally have a temporary reaction in the first several days.

**Tiredness
Mental lethargy
Headaches ?**

**Lower Power
In training ?**

**Increased
Urination ?**

2 – 4 weeks

Weakness, tiredness, yawning, possibly headaches and more frequent urination are temporary signs you may experience as you move down to 50 grams carbs/day. So what is going on?

Many of your body's systems have been fed a constant diet of refined sugars for years. Your gut, your brain, your liver, your muscle's power plants (mitochondria), your adrenal glands have all been dependent on sugar. Simply put, when the sugar drip-feed stops – all these systems are thrown into shock, since other metabolic processes (i.e. fat oxidation, and ketone production) are unable to rapidly turn on and take up the 'sugar-slack'. Additionally, reducing carbohydrates in the diet, results in the body shedding sodium and water (increased urination), and subsequently potassium.

These outcomes of 'the transition' are in part by design – with the intention to shock and trigger the bodies physiology to begin making a shift.

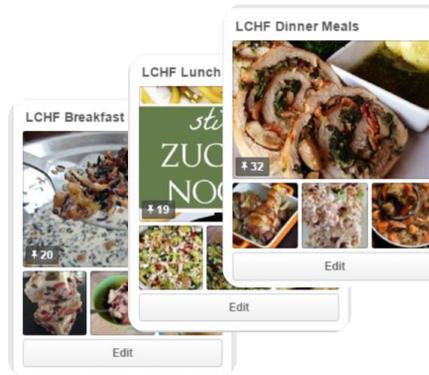
This shift, begins to help the gut more slowly release glucose into the blood. The liver will efficiently produce ketones from fat (already in the body, or consumed), the muscle cells, organelles and enzyme-systems will improve their processes to begin to oxidize fat for fuel in a more efficient manner. The brain will also shift its reliance on glucose and begin to be fueled more by Ketones.



TRANSITION SIMPLIFIED

Start planning your shift from
100s of these Low-Carb High-Fat recipes.

<https://www.pinterest.com/sfuelsgolonger/>



Easing your Transition with SFuels.

Supplement your foods with more fat and electrolytes to help maintain caloric demands, electrolyte and hydration levels.

ELECTROLYTES

Maintain mental and physical drive by maintaining electrolyte levels, as you transition off high-carb, high-sodium foods to lower-carb (lower salt) foods.

CALORIES

Maintain caloric intake with medium chain-triglycerides, while training the body to use fats for fuel by minimizing the use of sucrose, fructose, glucose, starches, maltodextrins and sugar alcohols in your foods and meals.



2

LOW-CARB LIVING

~100-150

Consume between 50-150 grams of carbs per day, relative to the duration and intensity of your training days and rest days.

50

LOW-CARB TRAINING

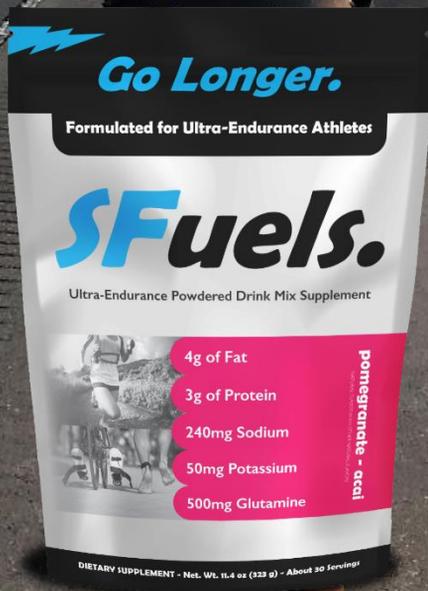
3

Conduct your training sessions on SFuels low-no carb hydration formula, to trigger maximum metabolic shifts in fat-oxidation efficiency, while providing needed electrolytes and glutamine, for muscle and gut support.

Grams Carb per Day

3

LOW-CARB TRAINING



Train the body to use fats for fuel by minimizing the use of sucrose, fructose, glucose, starches, maltodextrins and sugar alcohols.

Optimize Vitamin C levels within cells for immune and anti-inflammatory processes, by keeping blood-sugar levels low.

Provide quality absorbable hydrolyzed collagen peptides, to help providing critical nutritional building blocks for repairing damaged connective tissues from repetitive endurance training and racing blocks.

Supplement electrolytes to avoid deficient states from repetitive endurance training and racing blocks.

Minimize exercise induced GI/Gut distress and inflammation by avoiding the use of sucrose, fructose, sugar alcohols, and fueling-feeding the gut membrane with Glutamine.

5

RACING

Traditional high-carb approaches to racing, involves carb-loading before races, and 400-1000 calorie/hour race fueling, all of which result in swinging blood sugars, race-stopping gut distress and hitting the wall.



Research has shown that Low-Carb trained athletes can oxidize fats at over 1.5grams of fat/minute, or 90 grams (>800 calories) per hour. Because of this, LCHF trained athletes carry-consume far less carbs in racing, and in so doing avoid the ups-downs of swinging blood sugars, race stopping gut-distress and the infamous 'bonk'.

5

RACING IDEAS

Train and test your fuel-water dosage requirements and storage plans for race day against expected intensity, temperature, elevation and race duration.



BIKE

Hold 1 'Fuel-only 32oz bottle' with 3X SFuels-water ratio (6 scoops)

Hold 2nd 'Water-Only bottle' and switch these through aid-stations.

Sip on the fuel bottle – and mix it down with additional water from water bottle.

Carry additional 6 scoop SFuels zip-lock bags in Jersey/fuel compartment on bike



RUN | ULTRA

Hold or store in jersey/race belt/vest 1 soft flask with 2X SFuels-Water ratio

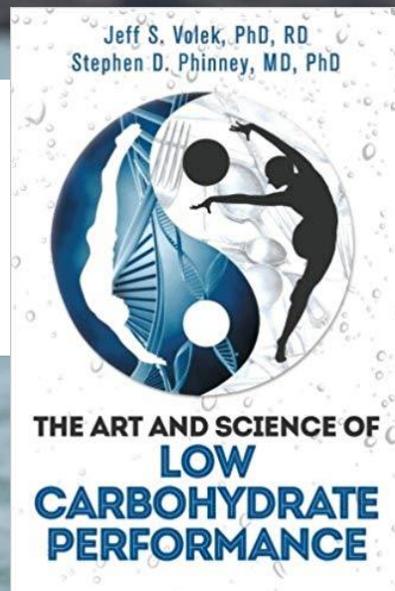
Pre-load additional soft flasks with 2X SFuels ratio - no water
Roll them and pack into jersey/race belt

Sip on softflask through run, switch to new flasks, and water from aid stations.

OPTION: roll bottle without lid/sipper, just replace lid/sipper to new bottles through aid stations



Click on this book, to learn the deeper technical science from the pioneers of low-carb endurance performance.



Athletes –

Join Dave Scott at SFuels Go Longer athlete program here,

<https://www.sfuelsgolonger.com/dave>



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