

MetaboFuel

We will analyze your metabolism at different exercise intensities on the bike and run (or run only for ultrarunners) calculate your expected energy expenditure during the race and precisely calculate your energy, fluid, and electrolyte intake needs. This isn't guesswork based on averages, it is precisely calculated based off of your metabolism and body! This is a must test/plan for any athlete who is racing distances that are 4 hours or longer. Maximize your performance and minimize GI issues with Metabofuel Plan.

\$400.00