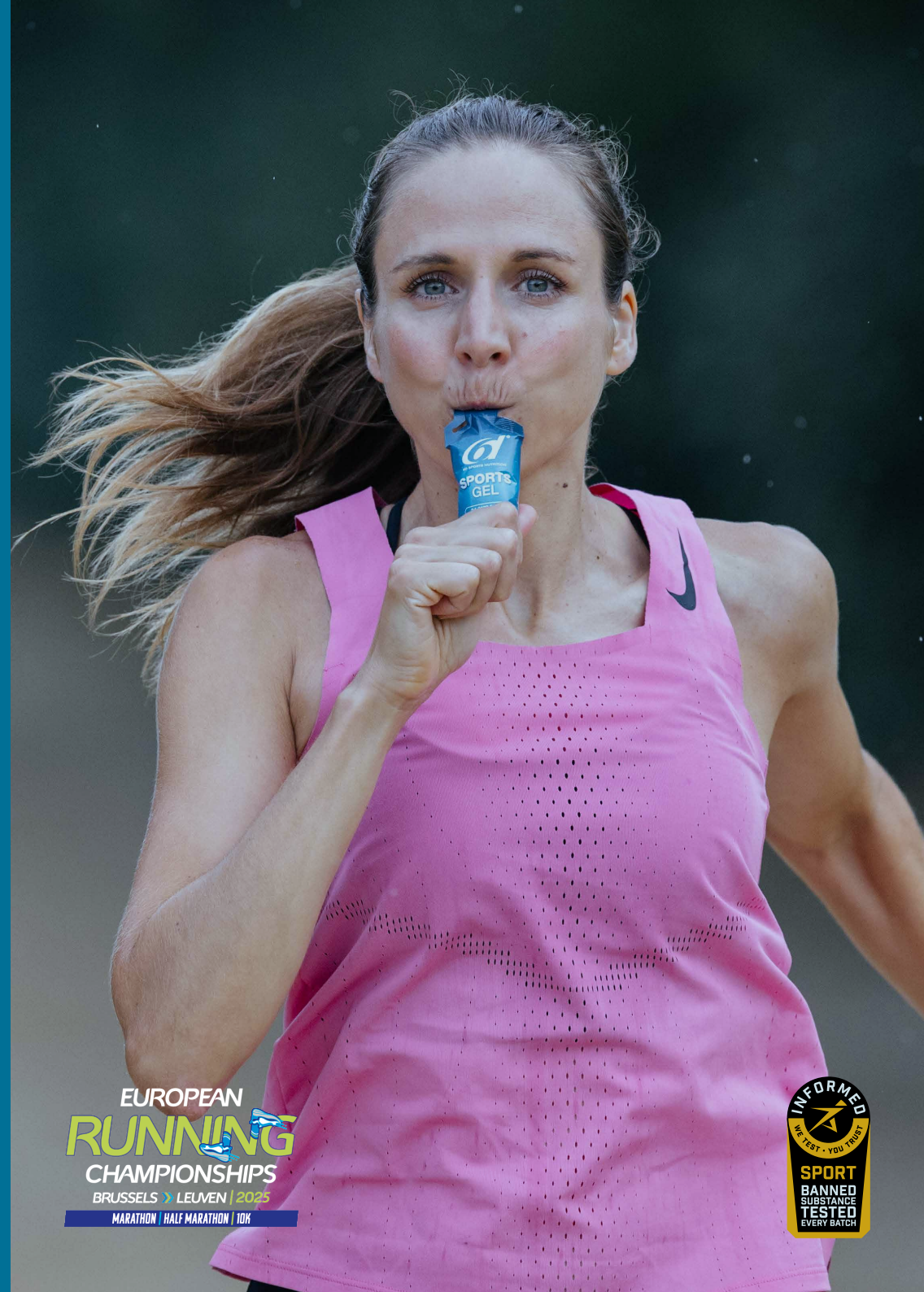


Fueling plan EK Running Half Marathon



www.6d.eu



EUROPEAN
RUNNING
CHAMPIONSHIPS
BRUSSELS > LEUVEN | 2025
MARATHON | HALF-MARATHON | 10K





Discover our Sports Series.

Precise fueling for peak performance.

Our **Sports Series** is scientifically designed as an integrated system, with **every product representing 1 Sports Unit**. This allows you to meticulously plan, practice, and **optimize your fueling strategies** during training and competition. You can easily recognize our Sports Series by its distinctive blue color.

What is a Sports Unit?

A **Sports Unit** is a dosing unit that represents **exactly 30g of carbohydrates in a 2:1 Carb Ratio**. The Sports Unit creates consistency across our 6d Sports Series to make personalized fueling simple and straightforward.

1 Sports Unit

30g Carbs

2:1 Carb Ratio



1 bottle = 500ml

1,5-2h Half Marathon plan

Goal: 4 Sports Units



TRAIN THE GUT !

Never try a new nutrition plan for the first time during your race! In the final weeks leading up to the race, pick one longer training session per week, and practice your race nutrition plan to make sure your stomach and intestines are accustomed to your race day nutrition plan!



This plan is designed for an intake of ± 1 to 1,5 Sports Unit per hour.



Drink 150ml water after ingesting each gel for faster absorption.



If you prefer not to use caffeine, you can use the regular 6d Sports Gel.

In the Sports Series

Sports Drink

A refreshing sports drink designed for optimal absorption of both fluids and energy. Its rapid absorption and mild taste helps prevent digestive issues, even during the most intense training sessions and competitions.

- 5 electrolytes (400mg sodium)
- Neutral pH



- Blueberry
- Citrus
- Lemon-Lime
- Pineapple

Available at the aid stations.

Drink 500-1000 ml per hour during exercise.

Sports Bar

A chewy oat and date bar crafted with either cherries, cocoa or salty peanuts for an indulging taste experience.

- Soft bite & compact size



- Cherry
- Chocolate
- Salty Peanut + Sodium

Take 1-2 bars per hour during exercise.

Sports Gel

A liquid drink gel that is compact and easy to use. Perfect for the most intense training sessions and competitions. With added sodium, this gel can also serve as a stand-alone fueling source when extra water is provided.

- 200mg sodium
- Liquid texture & compact size



- Lemon
- Mango
- Red Fruits
- Cola + Caffeine

Take 1-3 gels per hour during exercise.

Sports Nougat

A soft nougat bar crafted with either cranberries, lemon bits or coffee for an indulging taste experience.

- Soft bite & compact size



- Coffee
- Cranberry
- Lemon
- Pistachio

Take 1-2 bars per hour during exercise.

Sports Chew

A chewy fruit bar crafted with purely natural ingredients and enriched with 50% fruit paste for an indulging taste experience.

- 0-200mg sodium
- Soft bite & compact size



- Banana
- Cherry
- Citrus
- Salty Lime + Sodium
- Grapefruit + Caffeine

Take 1-2 bars per hour during exercise.

Sports Cake

A soft spice cake crafted with either dried apple or dark chocolate pieces for an indulging taste experience.

- Soft bite & compact size



- Apple
- Chocolate

Take 1-2 bars per hour during exercise.

6d Sports Nutrition

We make sports nutrition for athletes who are serious about optimizing their performance.

We apply an athlete's mindset to the science of sports nutrition: always developing, always improving, always based on real science. 6d is short for '6 dimensions'. Even though our products are always evolving, our focus remains on the same 6 core elements.

Inspired by athletes

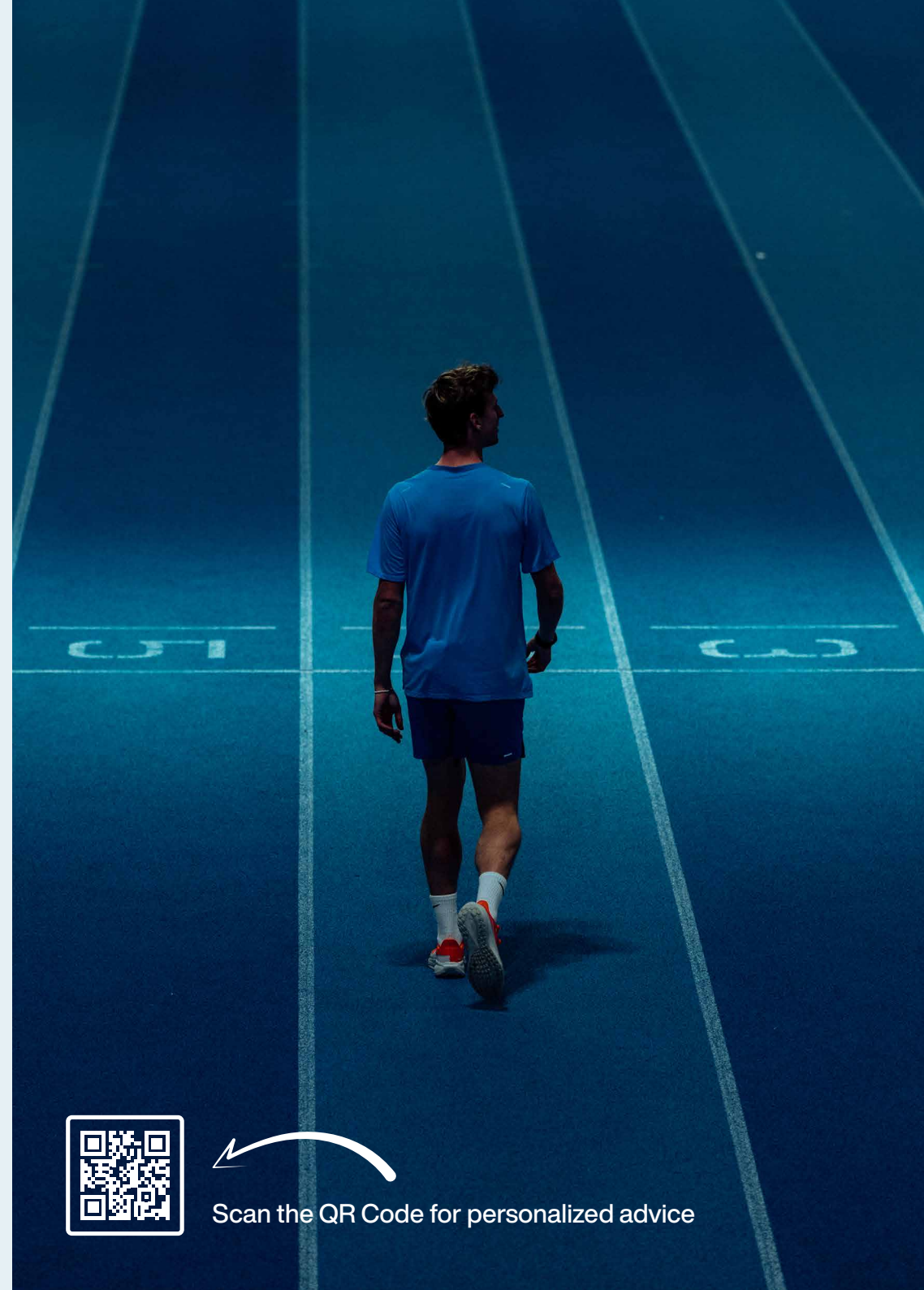
Driven by science

Top-tier quality

Expert advice

Certified safety

Diverse flavors & textures



Scan the QR Code for personalized advice