



**PowerBar**

POWER TO PUSH™

# Gebrselassie Shares His Secrets

To break the world marathon record requires many years of training, great genetics, a proper diet and an excellent race day nutrition plan. PowerBar is excited to share the PowerBar nutrition plan of Haile Gebrselassie that helped him set a world record September 30th, 2007 at the Berlin Marathon, covering the 26.2 miles a mind boggling 2 hours, 4 minutes, and 26 seconds.

## 3 Hours Prior to Race Start:

Wake Up. Have breakfast including a bottle of Performance Sports Drink (Orange).

## 1 Hour Prior to Race Start:

Have a PowerBar Sport Bar. Drink one bottle Performance Sports Drink up until the race.

## 15-5 minutes Prior to Race Start:

Have one PowerBar Gel.

## During the Race...

5km Performance Sports Drink (250ml)  
10km Performance Sports Drink (250ml)  
15km Performance Sports Drink (250ml)  
20km Performance Sports Drink (250ml) and 1 PowerBar Gel  
25km Performance Sports Drink (250ml) and 1 PowerBar Gel  
30km 1 PowerBar Gel with 250 ml of water  
35km 1 PowerBar Gel with 250 ml of water  
40km 1 PowerBar Gel with 250 ml of water

## Post Race:

Have a PowerBar Recovery Drink

This Race day nutrition plan speaks to the research behind PowerBar C2 MAX. To find out more about on how to push your own personal limits [click here](#).



**MARATHON TIME:**

**2:04, 26 h**