HYBRIDFUELCO

FREE STARTER · ATHLETES 40+

5 HYROX FUELING RULES AFTER 40

Most nutrition advice ignores two things: that you train hard some days and rest others, and that recovery changes after 40. Fix these five and you fix ~90% of fueling mistakes. From a chef who races Hyrox.

1 Match carbs to the work

Keep **protein and fat steady every day**. Move **carbs up on training days, down on rest days**. Your weekly average stays on target, but you fuel hard sessions and don't overfeed recovery days. This one change does more for body composition after 40 than any supplement.

2 Protein is non-negotiable

After 40 your body is less efficient at building and keeping muscle. Aim for **1.8–2.2g per kg bodyweight**, and **spread it across 3–4 meals** — not one giant hit at dinner. Protein also keeps you full, which makes a cut far easier.

3 Don't crash-cut

Losing weight fast feels productive and costs you muscle, strength and recovery — exactly what you can't spare after 40. Cap it at **0.5–1% of bodyweight per week**. Slower is not weaker; it's the version you keep.

4 Fuel the session, don't survive it

Carbs before a hard Hyrox session (even a banana or oats 60–90 min out) means better output. **Protein + carbs within a couple of hours after** restarts recovery. Training fasted and under-fueled after 40 just slows everything down.

5 Water alone isn't enough

Hyrox makes you sweat more than you think, and sweat is water **and sodium**. Drink to thirst across the day, and on big sessions add **electrolytes / a pinch of salt**, not just plain water. Cramps and late-session fade are often just this.

Want this built around YOUR numbers?

Get your personal macros free — enter your stats and see your training/rest split in seconds. Full 7-day plan, tracker and shopping list when you're ready.
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