



Fuelling with Amacx at the Otter Terrex Trail Run 2026

With 42 km and over 2,600 metres of climbing, the Otter Terrex Trail Run is one of South Africa's toughest trail races. Your legs need to be prepared, but so does your gut.

Between now and race day, your goal is to build a fuelling strategy you trust. That means practising during training until consuming 90-120 g of carbohydrate per hour feels comfortable and automatic.

Why Training Matters

You'll receive Amacx products in your race goodie bag and at Munchie Point during the race. Start training with these products now so that nothing you consume on race day is unfamiliar.

Fuelling isn't just for race day. Tempo runs, long runs and key workouts are the perfect opportunity to train your gut, improve performance and discover what works best for you before September.

Train Your Gut: Progression

Think of your long runs and key sessions between now and race day as fuelling rehearsals, not just fitness sessions.

1. **Tempo and threshold sessions:** start layering in fuelling. These efforts mimic the intensity you'll hold on the Otter's climbs, and they're the perfect place to practise taking on carbs under load. More glucose available in your blood lowers your rate of perceived exertion, letting you sustain your pace with more ease.
2. **Progress the load gradually:** increase your carbohydrate intake bit by bit in training. Each week, nudge closer to your target.

For example:

Week	Carb target
Week 1	45-60g/hr
Week 2	60-75g/hr
Week 3	75-90g/hr
Following weeks	90-120g/hr (if appropriate)

3. **Long training runs:** this is where race-day fuelling gets rehearsed properly. Practise your full nutrition plan, start to finish. Practise drinking from the bottles, carrying your nutrition, eating on climbs, and fuelling at the same intervals you'll use during the race.

By the time you reach the start line, your fuelling should be second nature.



Build Your Fuelling Strategy with Amacx

Whether your goal is 60g or 120g of carbohydrates per hour, Amacx has a fuelling system to match.

Every product is designed to be easy on the stomach, replace sodium lost through sweat, and comes in a choice of drinks, gels, chews and bars so you can fuel the way you prefer.

Choose the line that suits your current training, then build your carbohydrate intake over time.

Energy Line goal: 60-90g of carbs per hour

Every gel, bar, and drink in the Energy Line delivers 30 grams of carbohydrate in a 2:1 glucose-to-fructose ratio, allowing you to comfortably reach 90g of carbs per hour.

If you're new to structured fuelling, then 2-3 pieces per hour is your starting line. If you're already comfortably fuelling at this level, transitioning to Amacx should feel familiar.

Turbo Line goal: 80-120g of carbs per hour

For strenuous efforts — think the Otter's brutal climbs — the Turbo Line steps things up. Each product delivers 40g of carbs in a 1:0.8 glucose-to-fructose ratio, unlocking up to 120g per hour.

The Turbo Line is designed for athletes who have trained their gut to tolerate higher carbohydrate intakes and want to maximise performance during long, demanding events.

If you are chasing 120g of carbs per hour, we recommend easing into it.

Don't Forget Recovery

Recovery is the part of training that many athletes overlook. Training for the Otter will put your body out of balance. You will break your body down, damage muscles, deplete energy stores, and shift your fluid balance. You get stronger and faster when you recover properly and allow your body to adapt. Your energy systems become more efficient and your training load increases. This is where training does its job.

Aim to start eating and drinking within 30 minutes after finishing. Prioritise carbohydrates to replenish glycogen, protein to support muscle repair, and fluids to replace sweat losses. Amacx Recovery products deliver 22 grams of high-quality whey protein, along with 30g of carbs- the ideal dose of building blocks to kickstart recovery after a hard training session or race.

Read more about recovery [here](#) and [here](#).



Tapering:

A well-executed taper can improve race-day performance by allowing your body to fully absorb the training you've already done. As training volume decreases, shift your focus toward recovery, sleep and consistent nutrition.

During this period, Amacx Cherry Juice can support recovery thanks to naturally occurring anthocyanins and may help support sleep due to its natural melatonin content.

Dietary nitrate, found in the Amacx Beet Shot, increases nitric oxide availability, improving blood flow and helping muscles use oxygen more efficiently during endurance exercise.

Read more [here](#).

Race week nutrition

The day before

Top up your glycogen stores properly:

- Aim for 10g of carbohydrate per kg of bodyweight (that's roughly 700g for a 70kg runner)
- Choose easy, easily digestible foods
- Drink at least 2–2.5 litres of water through the day

Race morning

- Eat 2-3 hours before the start.
- Choose a carbohydrate-rich breakfast with a moderate amount of protein and very little fat or fibre to reduce the risk of stomach discomfort.
- Aim for 2-3 g carbohydrate/kg
- Start your carb fuelling 15 minutes before you start (gel or chew). If you normally use caffeine, this is also a good time to take a caffeinated gel. Don't introduce caffeine for the first time on race day.

Example Otter fuelling plans

Option 1 (90g/hr) = 90 g/hr

- 1 Energy Gel
- 1 Energy Drink (500 ml)
- 1 Energy Nougat

Option 2 (120g/hr) = 120 g/hr



- 1 Turbo Gel
- 500 ml Turbo Drink
- 1 Turbo Chew

Every long run between now and September is an opportunity to train your gut, refine your fuelling strategy and build confidence. By the time you stand on the start line, your nutrition should feel just as rehearsed as your training.

Train your gut. Trust your plan. Enjoy the Otter.