



Guide for your next **DESERT race !**



(Raidlight Desert Trophy, Marathon des Sables®,
Trans Sahara®, 4 Deserts®...)

SOMMAIRE

The adventure begins	p.4
1 • Race Pack	p.5
2 • Bags & accessories	p.8
3 • Clothing & equipment	p.11
4 • Shoes & gaiters	p.14
5 • Bivouac equipment	p.16
6 • Pharmacy & hygiene	p.19
7 • Nutrition & hydration	p.20
8 • Training	p.25

THE ADVENTURE BEGINS

Desert races are often considered to be the toughest races in the world. **They combine numerous difficulties: scorching heat that can reach 50°C degrees in full sun, self-sufficiency in food, long distances and difficult terrain.** It is therefore essential to manage your effort from start to finish, but also to know how to anticipate needs throughout your race. A true test of self-transcendence and perseverance, you'll need equipment to match its intensity! Unsuitable equipment could get you into trouble and jeopardize the outcome of your desert adventure.

Since its creation in 1999, Raidlight has established itself as a true pioneer in the field of desert racing equipment. Raidlight founder Benoit LAVAL drew technical inspiration from his participation in several Marathons des Sables (finishing in the top 10), the Ultra Trail Gobi Race (400 kilometers non-stop), the Lybian Challenge, and other desert races. Over the years, Raidlight has also worked with the best champions of this type of race - Mohamed Ahansal, Marco Olmo, Rachid El Morabity - to develop its products.

Since 2022, this hands-on expertise has taken shape in a unique event: the **Raidlight Desert Trophy**. After two successful editions in Jordan, the next one will take place in February 2026 in Morocco, in partnership with the Trans Sahara Marathon.

A desert race open to all levels, offering an authentic discovery of the Moroccan Sahara, with three formats:

- **4-stage trail running,**
 - **4-stage hiking,**
 - or **200 km GPS-guided non-stop**, in teams of 2 to 5.
- An **adventure of sharing and pushing limits**, led by the Raidlight team — **employees and enthusiasts**, who design and test the gear themselves in real desert conditions.

> More info on page 28.

With 25 years of expertise, Raidlight has made its mark by designing innovative, **high-performance products that offer trail runners a unique experience in extreme conditions.**

Raidlight stands out for its innovative approach to product design, **including the introduction of cutting-edge technologies such as breathable textiles, integrated hydration systems and ultralight materials.** From Saharan caps to desert gaiters and trail packs, everything is designed to help runners cope with the harsh conditions of the desert environment.

Throughout this guide, you'll find practical advice for successful preparation and running, as well as a selection of the best products for your next desert adventure.

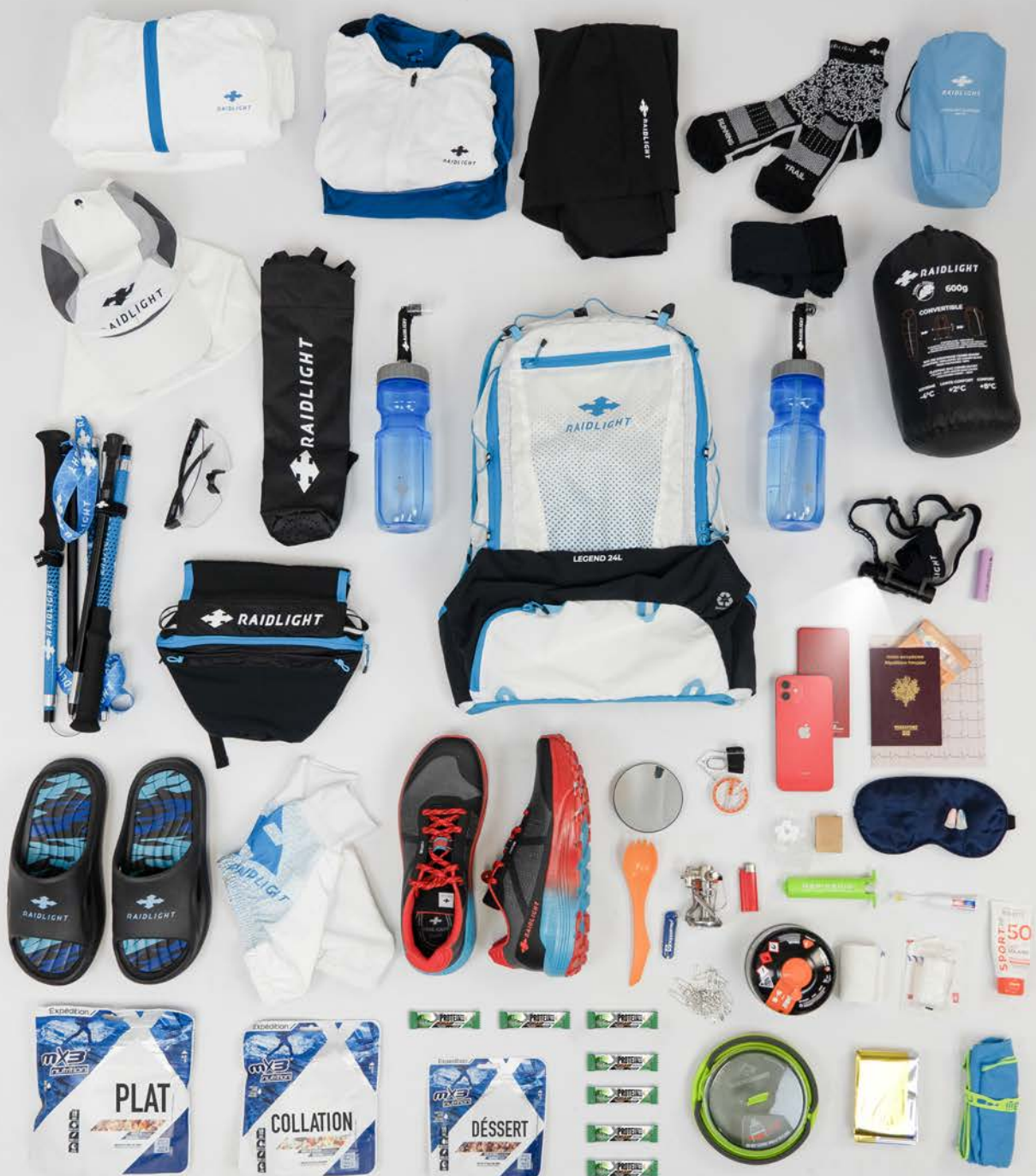
Throughout this guide, you'll find advice from desert expert Mérie Robert.



With seven participations in the Marathon des Sables, including two podium finishes in 2018 and 2021, a victory in the Grand to Grand Ultra in the USA in 2022 and numerous experiences on prestigious Ultra Trails such as the UTMB, Mérie has established herself as an indisputable reference in Ultra Endurance.

After his numerous participations in the Marathon des Sables, where Mérie has constantly optimized her equipment and preparation to perform against the Moroccan elite, he is preparing to experience this new edition in a new light. This time, the emphasis will be on sharing and solidarity, by accompanying someone who is not fortunate enough to be able to run.

Organization and anticipation are very important, and we recommend drawing up an exhaustive list of everything you plan to take with you and everything you need (clothing, bivouac gear, nutrition, hydration, toiletries, compulsory equipment). When you draw up your checklist, the keywords should be comfort, practicality and lightness.



ULTRALIGHT PACK

**On the digital version of the document, all product names refer to the Raidlight website.*

Your race outfit (excluding pack) :

Top Ultra Dry Light > here	50g
Short Dynamic > here	70g
Sunglasses R-Light Sun > here	27g
Bob Adventure > here	50g
Ultra 4 Desert Protect > here	300g
A pair of Dynamic socks > here	32g

Total 529g

Everything you need to pack for your desert adventure !

Food supply and accessories :

Food supplies > here	4148g
Spoon/fork	4g

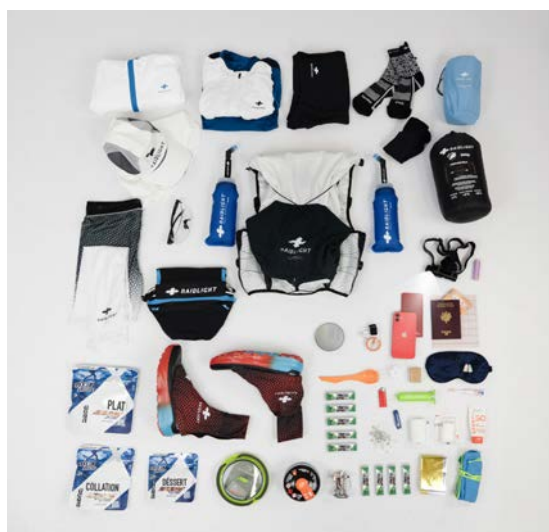
Total 4152g

Equipement :

Mandatory
equipment

Front-pack > here		160g
A running pack > here the pack Ultralight 24L (Made In France)		330g
A compass with 1° or 2° accuracy	X	34g
A signal mirror		33g
A survival blanket		65g

Total 622g



Total weight of filled pack :
(without hydration)

6787g

For a more comfortable version, we offer a second pack.

RACE EQUIPEMENT & NUTRITION

> download the file here

Toiletries and first-aid kit :

Mandatory
equipment

Dressing & medications		150g
Small piece of soap		15g
12 dehydrated wipes		24g
Toothpaste		5g
Toothbrush		5g
Quick drying towel		70g
Antiseptique	X	10g
Sun Cream	X	60g

Total 339g

Bivouac :

Mandatory
equipment

Sleeping bag Ultralight Down 2en1 > here	X	600g
Head torch Ultralight 1200 > here + 1 fully charged spare batteries > here	X	173g
Lighter	X	25g
A metal bladed knife	X	22g
Ear plugs		2g
Outfit Tyvek (jacket > here and pant > here)		160g
Sleeping eyemask		10g
Stock cubes 14 units	X	60g

Total 1052g

CONFORT PACK

**On the digital version of the document, all product names refer to the Raidlight website.*

Your race outfit (excluding pack) :

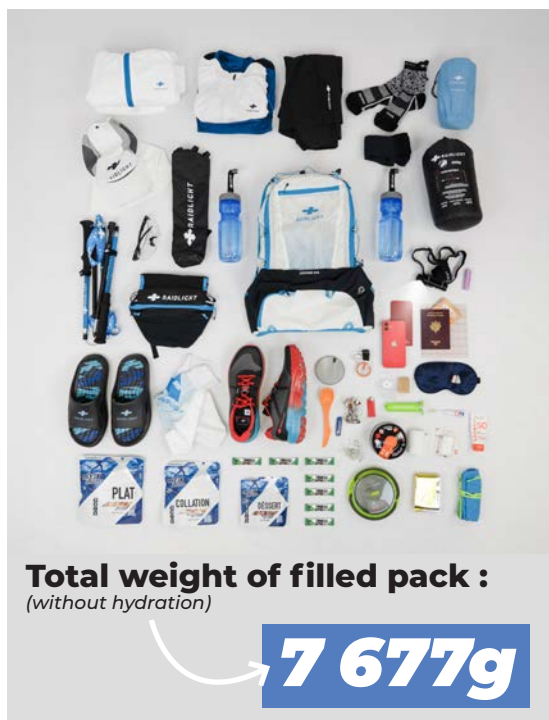
Top Dry-Light > here	80g
Short R-Light 2en1 > here	70g
Sunglasses R-Light Sun > here	27g
Sahara cap UPF50 > here	80g
Shoes Ultra 4 > here	255g
Desert gaiters > here	80g
A pair of Dynamic socks > here	32g

Total 624g

OPTIONAL ADD ONS

Poles compact Z carbon > here	370g
Quiver Pod 2en1 > here	45g

Total 415g



Total weight of filled pack :
(without hydration)

7 677g

Of course, this is a decreasing weight, as your pack will become lighter as you complete each stage.

RACE EQUIPEMENT & NUTRITION

 [> download the file here](#)

Everything you need to pack for your desert adventure !

Food supply and accessories :

Food supplies > here	4148g
Spoon/fork	4g

Total 4 152g

Equipement :

Mandatory equipment

A pack > here the Raid Legend 24L		550g
A compass with 1° or 2° accuracy	X	34g
A signal mirror	X	33g
A survival blanket > here	X	65g
A spare pair of change socks > here		32g
A change of tops > here		80g
A change of shorts > here		80g
Underwear > here		70g
Front-pack		160g
Telephone		200g

Total 1 304g

Toiletries and first-aid kit :

Mandatory equipment

Dressings & medicines		150g
Small piece of soap		15g
12 dehydrated wipes		24g
Toothpaste		5g
Toothbrush		5g
Quick drying towel		70g
Antiseptic	X	10g
A tube of suncream	X	60G

Total 339g

Bivouac :

Mandatory equipment

Mattress Ultralight > here		390g
Slee Ultralight Down 2en1 > here	X	600g
Headtorch Ultralight 1200 > here + 1 full pack of charge batteries > here	X	173g
Ear plugs		2g
Top Seamless > here		120g
Outfit Tyvek (jacket > here and pant > here)		160g
Blackout mask		10g
Flipflops		200g
External battery for recharging your phone, watch and headtorch		120g
A lighter	X	25g
A metal knife	X	22g
Stock cubes 14 units	X	60

Total 1 882g

2 BAGS & ACCESSORIES



The trail pack is the starting point of your equipment. It should contain everything you need for the bivouac, food and water, plus your essentials and some mandatory equipment, while ensuring lasting comfort. Choose it according to your needs, and try it out weighted to see how it fits.

There's a saying: "The bigger your bag, the more non-essentials you'll take with you". Choose a small-volume bag from the outset, and if it doesn't fit, it's because you've got extras.

How to prepare and organize your bag efficiently ?

Organizing and preparing your pack starts with finding the perfect balance between weight and needs.

It's important to anticipate and be meticulous in preparing your pack. This step is crucial to ensuring a successful experience in this extreme event. The comfort of your pack also depends on how you organize and store it. With effort and fatigue, your patience will be sorely tested, so to avoid wasting time and energy searching for your belongings, plan to have one pocket for each container:

- **For your food**
- **For your clothing**
- **For safety equipment and medicines**
- **For the toiletry bag**
- **For compulsory equipment**

That way, everything will be clear and easy to find.

To fill your pack efficiently for a desert stage race, your first priority should be to: avoid empty spaces and tossing, and place the heaviest equipment as low and close to the back as possible. Empty spaces cause tossing and turning, often leading to imbalances, pressure points and pain. As for filling the pack, start with the heaviest equipment to avoid imbalances and save energy. Finally, for optimum efficiency, prioritize the filling of your pack. Place the equipment you need to reach quickly and easily high up, so you don't have to empty your pack at every checkpoint!

Once you've prepared your pack, try it out during several workouts to make sure it fits properly and that you're comfortable with the weight and distribution of the equipment.

- **Performance Ultralight Pack**
- **Confort Pack**

**On the digital version of the document, all product names refer to the Raidlight website.*



PACK ULTRALIGHT 24L ●

Thanks to its vest shape, it can be worn close to the body, perfectly fitting your morphology and avoiding tossing and turning during the race. Designed to be lightweight (only 330g), it's no less practical with its many pockets, including a main one with a 20L capacity.

Total 330g

MADE IN FRANCE 

PACK RAID LEGEND 24L ●

Designed to be worn for hours in hostile environments, the Raid Legend 24L running pack is extremely comfortable. It boasts ample storage capacity, with a large 22L pocket and numerous stretch and zippered pockets for a multitude of easy-access storage options. For maximum comfort, this bag is modular and adjustable.

Total 550g



FRONT PACK ● ●

Functional and innovative, the Pack-Avant provides 4L of additional storage.

Total 160g



Choose light, **breathable, quick-drying clothing** to minimize weight and maximize comfort, ideally white or light-colored to minimize overheating. Some people choose to bring a change of clothes, while others stick with the same outfit for the whole week to save precious grams - it all depends on your tolerance threshold.

Here are the different products we offer for your running gear and spare parts.



SAHARA CAP UPF50 ●

A must-have for desert races, the Saharan cap. As well as providing effective protection from the sun, it's ultra-light and breathable.

Total **80g**

BOB ADVENTURE ●

The Bob Adventure will protect you from the sun while ensuring optimum breathability thanks to its microperforated fabric.

MADE IN FRANCE 🇫🇷

Total **50g**



SUNGLASSES R-LIGHT SUN ●●

Ultralight, wide field of vision, available in photochromic or category 3, the new R-Light trail sunglasses will protect you from the sun as well as from sand during storms.

Total **27g**



TOP ULTRA DRY LIGHT ●

The Ultra Dry Light top is the lightest short-sleeved top available. Its recycled fabric is so light and pleasant to wear, you'll forget you're wearing it! It also offers UPF 40 sun protection.

Total **50g**

MADE IN FRANCE 🇫🇷



TOP DRY LIGHT ●

The Dry Light top provides UPF50 sun protection on the shoulders. Everything has been designed for racing comfort, from the fabric to the zip and underarm inserts. Ultralight at 80g, it is designed to dry very quickly and let the skin breathe. Also available in a women's version with integrated chest lining.

Total **80g**



TOP SUN PROTECT ●

Unlike the Dry Light, the Sun Protect top protects the base of the neck as well as the arms along its entire length, offering optimum sun protection. This top has an opening on both sleeves to allow the watch to pass through. It also features 2 thumb loops to limit hand-stick friction in hot weather.

Total **95g**

- Performance Ultralight Pack
- Confort Pack

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● Performance Ultralight Pack

● Confort Pack

*On the digital version of the document, all product names refer to the Raidlight website.

**SHORT DYNAMIC ●**

The ultimate in comfort and performance with our ultra-light Dynamic trail shorts. Designed for adventure-hungry runners, these shorts combine lightness, functionality and durability to accompany you on all your runs.

Total 70g

SHORT R-LIGHT 2EN1 ●

The R-LIGHT isn't just a pair of shorts, it's 2in1, as it comes with shorts underneath. So you get 2 advantages: the support of inner shorts and the lightness of shorts. Thanks to its belt with integrated pockets, you'll have everything you need right at hand.

Total 195g

**SOCKS DYNAMIC**

Total 32g

RACE EQUIPEMENT & NUTRITION

[> download the file here](#)

**UNDERWEAR ● ●**

BOXER : 60G - PANT : 35G - BRA : 70G

Made from an ultra-breathable fabric, our underwear has been designed with sport in mind. They are antibacterial, odor-resistant and quick-drying.

Total 60g

MADE IN FRANCE 🇫🇷

OPTIONAL**QUIVER POD 2EN1**

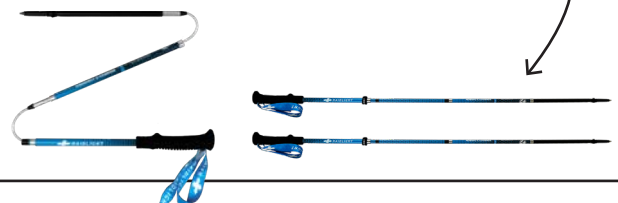
The Pod 2in1 quiver fits all types of poles (3-strand or telescopic) and its ingenious toggle system will simplify transitions. Its zipped side pocket offers 6L of additional storage.

Total 45g

**BÂTONS
COMPACT Z CARBON**

Compact Z Carbon trail poles have been designed to optimize trail running and enable you to evolve in all types of environment. Ultralight, versatile and compact, these poles will be your allies throughout your adventure.

Total 370g (the pair)



4 SHOES & GAITERS



The choice of trail shoes for a desert race is very important. An unsuitable shoe could put you in difficulty and jeopardize the outcome of your desert adventure.

Desert terrain varies between sand dunes, pebbles, rocks, dry riverbeds and arid plains. You'll need to be prepared for all types of terrain.

DESERT GAITERS ●

Desert gaiters are indispensable for keeping sand out of shoes. For optimum protection and resistance, they must be sewn by a shoemaker. Glue is not resistant to sand abrasion.

MADE IN FRANCE 

Total **80g** (the pair)

ULTRA 4 DESERT PROTECT ●

Our Ultra 4 Desert Protect trail shoe has been designed to go the distance, it's the high-performance shoe designed to support runners on technical and challenging trails.

No more sand seeping into your shoes. Our integrated gaiter offers complete coverage, keeping your feet clean and dry in any environment. It offers reliable protection without sacrificing responsiveness or comfort.

Total **300g**



ULTRA 4 ●

Ultra 4 trail shoes offer unrivalled comfort, cushioning and dynamism. Designed to take you as far as possible, this is the shoe for ultra trail and stage races. Your feet will be put to the test, so opt for comfort rather than mountain-type trail shoes with crampons over 5mm. The desert is not a rugged terrain, so grip is not a determining factor.

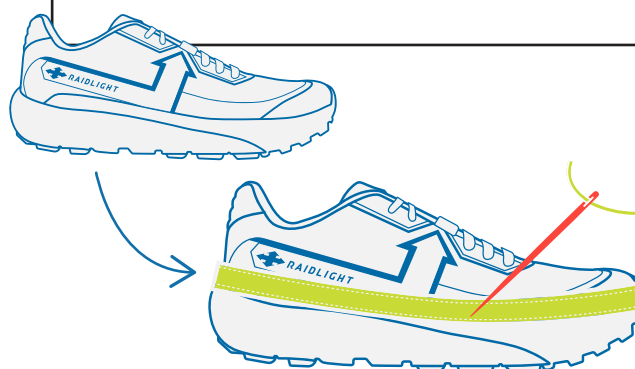
When trail running, we always recommend taking an extra size on top of your usual shoe size. For desert races, don't hesitate to take 1 or 2 sizes larger. With the heat and the accumulation of kilometers, feet tend to swell a lot. Having a little more room will allow the foot to swell without being cramped, and to breathe better. Bear in mind, too, that you'll be wearing your shoes for several days in a row, so it's highly likely that your foot won't have time to deflate between stages.

Total **225g**

GAITER INSTALLATION SERVICE

Raidlight now offers a gaiter installation service. The operation consists of sewing a Velcro strap onto the shoe, and then attaching the gaiters. This service takes place in our Saint-Pierre-de-Chartreuse, FRANCE workshop.

Find all the information on our website or by clicking on this link > [here](#).



Performance Ultralight Pack ●
Confort Pack ●

**On the digital version of the document, all product names refer to the Raidlight website.*

5 EQUIPMENT & BIVOUAC



The desert adventure is not limited to crossing the finish line, it also continues at the bivouac. Your comfort during your rest periods and at night is of prime importance, as it will be one of the vectors of your recovery and will contribute to the smooth running of each stage.

- **Performance Ultralight Pack**
- **Confort Pack**

**On the digital version of the document, all product names refer to the Raidlight website.*



MATTRESS ●

The Ultralight mattress weighs 390g for a thickness of 6cm, a length of 195cm and a width of 57cm, all you need to feel comfortable without taking up too much space. The non-return valve makes it easy to inflate by mouth, and it's strong enough to last the test of time..

Total 390g

Mérite Robert's advice

For those taking a mattress, bring a patch kit. The floor mats on the bivouacs are not always clean and there are a lot of thorns.

A SLEEPING BAG ● ●

The sleeping bag designed to accompany cold desert nights, it can switch from sleeping bag to down jacket in seconds thanks to its 2in1 system. It has been designed to compress as much as possible to avoid taking up too much space in the bag.

Total 600g



FLIPFLOPS ●

Perfect for those seeking maximum bivouac comfort.

Total 200g



HEADLAMP ● ●

+ 1 full set of spare batteries

Your indispensable partner in the evening and at night on the bivouac.

Total 173g



Mérite Robert's advice

It's advisable to choose a sleeping bag suited to the expected temperatures. These may vary from one edition to the next, depending on the dates of the event, but they generally remain stable over a week. If you have the option of choosing two types of sleeping bag (e.g. Comfort 10° or Comfort 5°), choose the one that best suits the conditions, bearing in mind that it is possible to make an adjustment after the first night's bivouac. This advice also applies to bivouac clothing.



OUTFIT TYVEK ● ●

JACKET AND TROUSERS

Ultralight, windproof and breathable, ideal for very hot environments and perfect for transitions between stages.

Total **160g**

SEAMLESS JERSEY ●

In the desert, evenings and nights can be very cold, especially as the fatigue and effort you'll be putting in will make it easier for you to feel the variations in temperature. That's why we recommend that you pack a warm, long-sleeved jersey. The Seamless jersey is perfect: it's lightweight and won't take up much room in your bag, while providing the warmth and comfort you need.

Total **120g**

LIGHTER

● ● Total **25g**



METAL BLADE KNIFE

● ● Total **22g**

SLEEP EYE MASK ● ●

& EAR PLUGS

One of the keys to tackling each new stage with peace of mind is sleep. Earplugs and blackout masks will help you get a good night's sleep, optimizing your recovery.

Total **10g + 4g = 14g**

EXTERNAL BATTERY ● ●

For recharging your phone, watch and headlamp.

Total **175g**

Pack Performance Ultralight ●
Pack Comfort ●



6 PHARMACY & HYGIENE



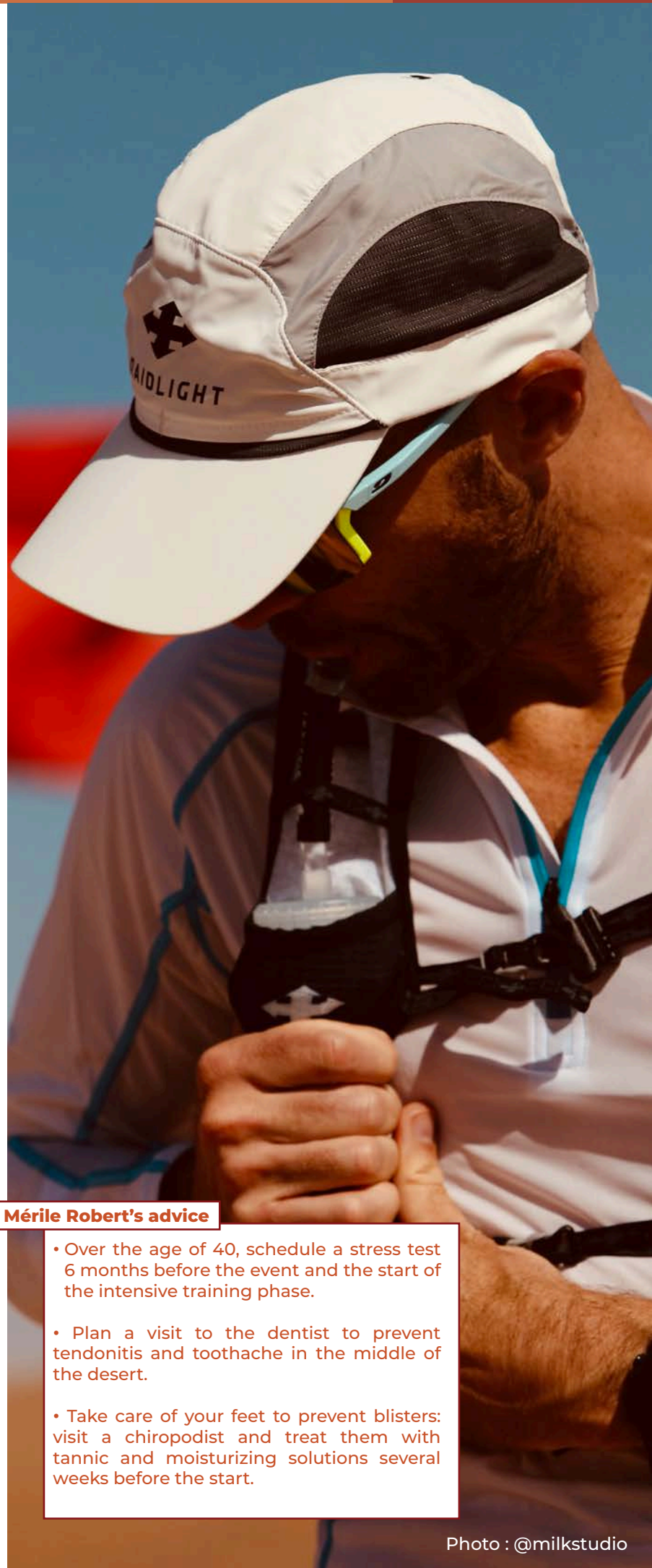
Put together a first-aid and hygiene kit based on your specific needs. This list should be specific to you, as only you can know what you need in this area (blister dressings, gastric sensitivities, migraine sufferers, etc.). The list below is a general one, so you can personalize it.

Plasters and medication	150g
Small piece of soap	15g
12 wetwipes	24g
Toothpaste	5g
Toothbrush	5g
Quick drying towel	70g
Antiseptic	10g
An aspivenin pump	40g
A tube of suncream	60g

Total 379g



A word of advice : as we all know, irritation can really spoil your adventure. They can occur for a variety of reasons. As you can never be too careful, if you're worried about your back, shoulders and other rubbing areas getting chafed by your pack, you can use tape.

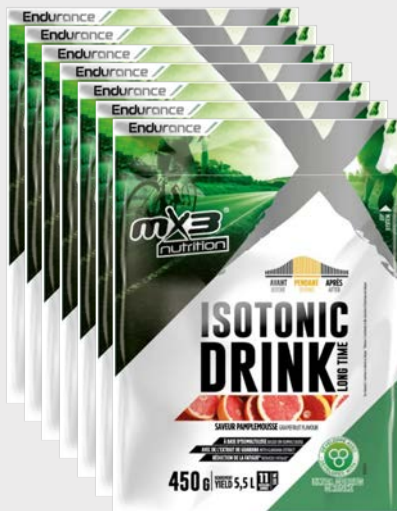
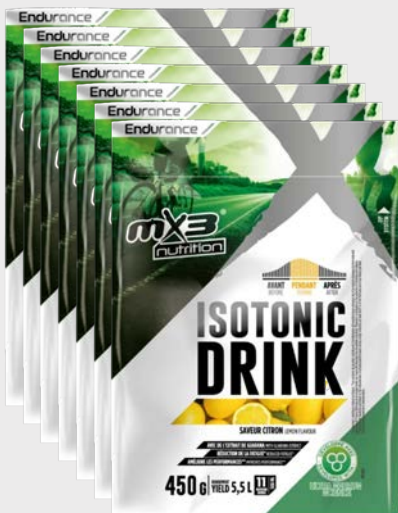


Mérite Robert's advice

- Over the age of 40, schedule a stress test 6 months before the event and the start of the intensive training phase.
- Plan a visit to the dentist to prevent tendonitis and toothache in the middle of the desert.
- Take care of your feet to prevent blisters: visit a chiropodist and treat them with tannic and moisturizing solutions several weeks before the start.

7 & NUTRITION HYDRATATION

> OUR ADVICE





One of the special features of desert stage races is self-sufficiency in food. Each participant must carry his own food reserves in his trail pack. This shows just how important a nutritional strategy is for this type of race. Whatever the level of preparation, it can be ruined if the body isn't properly re-supplied along the way.

Having specialized in desert racing since 1999, Raidlight has extended its expertise and range by teaming up with MX3-Nutrition to design freeze-dried nutrition packs.

Our packs have been designed taking into account the regulations of most races, i.e. 2000 calories/day minimum. The 7-day desert pack created in collaboration with MX3 will provide you with the necessary and indispensable rations throughout your race. The refreshments we offer are also the result of our association with MX3-Nutrition and are available on our website.



7-DAY FOOD PACK



4-DAY FOOD PACK



24H FOOD PACK



7-DAY DESERT RACE FOOD PROPOSAL

BIVOUAC MEAL - FREEZE-DRIED DISH

KCAL WEIGHT (G)

DAY 1 : First night in Bivouac (not carried in pack)

Risotto mushroom & chicken	614	150g
Chocolate cream	328	75g

RACE EQUIPEMENT & NUTRITION

> [download the file here](#)

RACE REFUELLING - ENERGY

QANTITY KCAL WEIGHT (G)

DAY 2 : Stage 1 - average 30km

Muesli (not carried in pack)	492	110g
Couscous	460	125g
Pasta carbonara	507	112g
Chocolate cream	328	75g

Isotonic lemon drink	2	284	80
Grapefruit guarana isotonic drink	1	142	40
Honey almond energy bar	2	304	74

DAY 3 : Stage 2 - average 40km

Muesli	492	110g
Couscous	460	125g
Beef bourguignon / pasta	500	118g
Chocolate cream	328	75g

Isotonic lemon drink	2	284	80
Grapefruit guarana isotonic drink	2	284	80
Honey almond energy bar	2	304	74

DAY 4 : Stage 3 - average 85km (this stage is during 48h)

Muesli	492	110g
Pasta bolognese	499	115g
Chocolate cream	328	75g

Isotonic lemon drink	6	852	240
Grapefruit guarana isotonic drink	6	852	240
Honey almond energy bar	3	456	111

DAY 5 : Stage 3 - during and end

Muesli	492	110g
Couscous	460	125g
Pasta carbonara	507	112g
Chocolate cream	328	75g

Strawberry and basil energy bar	2	266	78
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DAY 6 : Stage 4 - average 42km

Muesli	492	110g
Couscous	460	125g
Beef bourguignon / pasta	500	118g
Chocolate cream	328	75g

Isotonic lemon drink	3	426	120
Grapefruit guarana isotonic drink	2	284	80
Honey almond energy bar	1	152	37

DAY 7 : Stage 5 - average 30km

Muesli	492	110g
Couscous	460	125g
Pasta bolognese	507	112g
Chocolate cream	328	75g

Isotonic lemon drink	2	284	80
Grapefruit guarana isotonic drink	2	284	80
Honey almond energy bar	1	152	37

DAY 8 : Stage 6 - average 20km

Muesli	492	110g
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Isotonic lemon drink	2	284	80
Grapefruit guarana isotonic drink	1	142	40

Total Kcal/Portion **11 674**

Total Weight/Portion **2 497g**

Total Kcal/Portion **6 036**

Total Weight/Portion **1 651g**

TOTAL FOOD + SUPPLIES

Kcal/Portion

Total **17 710**

Weight/Portion

Total **4 148g**

4-DAY DESERT RACE FOOD PROPOSAL

BIVOUAC MEAL - FREEZE-DRIED DISH

KCAL	WEIGHT (G)
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RACE REFUELLING - ENERGY

QANTITY	KCAL	WEIGHT (G)
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JOUR 1 : Étape 1 - environ 25-30km

Breakfast at the hotel		
Couscous	460	125g
Pasta carbonara	507	112g
Chocolate cream	328	75g

Isotonic lemon drink	3	426	120
Grapefruit guarana isotonic drink	2	284	80
Honey almond energy bar	2	304	74

JOUR 2 : Étape 2 - 20, 40 ou 60km

Muesli	492	110g
Couscous	460	125g
Beef bourguignon / pasta	500	118g
Chocolate cream	328	75g

Isotonic lemon drink	4	568	160
Grapefruit guarana isotonic drink	4	568	160
Honey almond energy bar	3	456	111

JOUR 3 : Étape 3 - repos ou fin de l'étape 2

Muesli	492	110g
Couscous	460	125g
Pasta carbonara	507	112g
Crème au chocolat	328	75g

Isotonic lemon drink	2	284	80
Grapefruit guarana isotonic drink	1	142	40
Honey almond energy bar	1	152	37

JOUR 4 : Étape 4 - environ 25-30km

Muesli	492	110g
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Isotonic lemon drink	3	426	120
Grapefruit guarana isotonic drink	2	284	80
Honey almond energy bar	2	304	74

Total Kcal/Portion 5 354
Total Weight/Portion 1 272g
Total Kcal/Portion 4 198
Total Weight/Portion 1 136g

TOTAL FOOD + SUPPLIES

Kcal/Portion	Weight/Portion
Total 9 552	Total 2 408g

RACE EQUIPEMENT & NUTRITION

[> download the file here](#)


As we all know, the longer a race lasts, the harder it is for food to get through. To avoid saturation while still providing salt, we recommend alternating with salty energy products (oilseeds, salted dried fruit, salted bars, etc.).

It's up to you to fill in the gaps with foods that will make you want to eat and bring you comfort when the time comes.

To know :

- During this type of adventure, the mental load can be very energy-consuming, so knowing what you're going to eat by planning your menus in advance on your phone will help you take the load off. With a meal plan, there are no questions to ask, no mistakes about calorie counts, and no risk of eating too much or too little.

- To save weight and space, repackage freeze-dried food in freezer bags, indicating (directly with a marker or on a label) the dish and number of calories.

- To be able to set off again each day in good condition, the recovery phase is essential. After each stage and until the next, eat and drink enough! Drink plenty before, during and after the stages to maximize your recovery. Carbohydrates before and after exercise play an important role in building up and replenishing glycogen stores. Even with glycogen reserves at full strength at the start, the body will use these energy substrates for its own operations, gradually emptying reserves from the very first day. Breakfasts and meals at camp must therefore be sufficiently rich to replenish reserves, so that the stages can continue.

- Your daily diet on the bivouac should consist of carbohydrates, proteins, sodium, minerals and vitamins.

- Isotonic drinks provide good hydration, good assimilation and rapid absorption of carbohydrates by the body, and a good supply of minerals and vitamins. During a long effort, water is not enough, and even more so when running in the desert where heat plays an important role. An isotonic drink ensures optimal hydration throughout the effort, while providing sodium to make up for salt losses through perspiration. If you're worried about losing too much sodium, you can mix salt tablets directly into your water.

- We can't say it often enough: always test your nutrition before you compete, especially when you're involved in such long races. Integrate the notion of nutrition as a training parameter in its own right.



8 TRAINING

Our ambition is not to draw up training plans to prepare for this type of race. These plans must be adapted to each person's availability, experience and level. However, we do have some 'broad principles' that can guide you in your preparation.

Don't 'stereotype' your training on endurance. You need to do varied training, working at different paces: ENDURANCE, but also THRESHOLD, VMA, etc., even with 3 training sessions a week.

For ENDURANCE, there's no point in running for more than 2 hours. After that, you'll be exhausted and tired, and you won't be able to train properly the following week.

When you're doing split training, a 30-minute warm-up and a 15-minute cool-down are enough, so don't do more than that unnecessarily, and work on your

sets better. When you're doing resistance training, 30 to 40 minutes is enough. When you're doing endurance training, push it up to 1h30 - 2h00. But don't try to do 2 or 3 things in the same session.

Carrying your trail bag too often can lead to overload and injury. We recommend that you only wear it in the last month, once a week, during your threshold session. It's during this session that you work on your running pace, so try to reproduce the elements of the race.

Don't do too many kilometres! The major fault of runners is to do too much endurance. You wear yourself out, and you limit your 'cylinder capacity'. For example, for this type of race Benoit ran 4 or 5 times a week, with a maximum of 60km on the clock. He only did endurance training once a week.

Advice from Matthieu ANDREUX



Coach and fitness trainer specializing in endurance. Coach and physical trainer specialized in endurance.

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Mohamad AHANSAL, President of AE EVENTS, 5-time winner and 10-time runner-up of the Marathon des Sables.



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