

# PRO4MANCE™

ENDURANCE SPORTS NUTRITION

## NUTRITION PLAN – 75g PER HOUR

### MTB – 100KM MARATHON (4 HOURS)

TIME:

	TIME
Time	04:00:00

#### 75g CARBOHYDRATES PER HOUR

PRODUCT	SERVE AMOUNT	CARBS PER SERVE	TOTAL CARBS
PRODURANCE ENERGY GEL	4	30g	120g
PRODURANCE 800ML (2 SCOOP)	3	60g	180g
PROCOVER 600ML (3 SCOOP)	2	56g	112g

#### RECOMMENDED NUTRITION PLAN: 75g CARBOHYDRATES PER HOUR (BOTTLES)

TIME	NUTRITION	CARBS DURING RACE
6AM	BREAKFAST - 2-3 X TOAST (VEGEMITE/HONEY) ** + BANANA (MEDIUM SIZE)	
6:30AM	3 SCOOPS PROCOVER WITH 600ML WATER	
6:30-8:55AM	SIP ON PRODRATE + WATER AS REQUIRED TO MAINTAIN HYDRATION	
8:55AM	1 PRODURANCE ENERGY GEL	30g
START		
(HOUR 1)	1 BOTTLE PRODURANCE (2 SCOOPS + 650ML WATER)	60g
(HOUR 2)	1 BOTTLE PRODURANCE (2 SCOOPS + 650ML WATER) + 1 PRODURANCE ENERGY GEL	90g
(HOUR 3)	1 BOTTLE PRODURANCE (2 SCOOPS + 650ML WATER) + 1 PRODURANCE ENERGY GEL	90g
(HOUR 4)	1 BOTTLE WATER + 1 PRODURANCE ENERGY GEL	30g
RECOVERY	3.5 SCOOPS PROCOVER WITH 650ML WATER	
	REHYDRATE WITH PRODRATE AS REQUIRED (125-150% OF 1L PER 1KG B/W LOST)	
TOTAL		300g

#### \*\* BREAKFAST ALTERNATIVES

1. 2 X ENGLISH MUFFINS WITH JAM/HONEY
2. 1 ½ CUPS OF CORNFLAKES WITH LOW FAT MILK

#### STOPPING AT 3 AID STATIONS TO TAKE BOTTLES