

HALF IRONMAN (70.3) (4.15 HOURS) – 90g PER HOUR

TIME:

	SPLITS
SWIM	00:30:00
CYCLE	02:15:00
RUN	01:30:00
TOTAL	04:15:00

90g CARBOHYDRATES PER HOUR

PRODUCT	SERVE AMOUNT	CARBS PER SERVE	TOTAL CARBS
PRODURANCE ENERGY GEL	9	30g	270g
PRODURANCE 800ML (2 SCOOP)	2	60g	120g
PROCOVER 600ML (3 SCOOP)	2	56g	112g

RECOMMENDED NUTRITION PLAN: 90g CARBOHYDRATES PER HOUR

TIME	NUTRITION	CARBS DURING RACE
4AM	BREAKFAST - 2-3 X TOAST (VEGEMITE/HONEY) *	
4:30AM	3 SCOOPS PROCOVER WITH 600ML WATER	
4:30-6:25AM	SIP ON PRODRATE + WATER AS REQUIRED TO MAINTAIN HYDRATION	
6:25AM	1 PRODURANCE ENERGY GEL	30g
6:30AM	RACE STARTS	
SWIM	NO NUTRITION	
RUN TRANSITION	NO NUTRITION	
T1	1 PRODURANCE ENERGY GEL (TAKE IN T1 OR FIRST 5 MINTUES OF CYCLE)	30g
CYCLE	1 BOTTLE OF PRODURANCE – 2 SCOOPS + 800ML WATER (DURING HOUR 1)	60g
	1 BOTTLE OF PRODURANCE – 2 SCOOPS + 800ML WATER (DURING HOUR 2)	60g
	1 PRODURANCE ENERGY GEL EVERY 45MIN (3 GEL TOTAL)	90g
	1/4 BOTTLE OF WATER (AID STATION) (IF NEEDED E.G. HOT WEATHER)	
T2	1 PRODURANCE ENERGY GEL (TAKE IN T2 OR WITHIN FIRST 2MIN OF RUN)	30g
RUN	1 PRODURANCE ENERGY GEL EVERY 20 MINUTES (3 GELS TOTAL)	90g
	TAKE WATER AS REQUIRED (AIM TOWARDS 400-600ML PER HOUR)	
RECOVERY	3 SCOOPS PROCOVER WITH 600ML WATER	
	REHYDRATE WITH PRODRATE AS REQUIRED (125-150% OF 1L PER 1KG B/W LOST)	
TOTAL		390g

* BREAKFAST ALTERNATIVES

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