

HALF IRONMAN (70.3) (5 HOURS) – 90g PER HOUR

TIME:

	SPLITS
SWIM	00:30:00
CYCLE	02:30:00
RUN	02:00:00
TOTAL	05:00:00

90g CARBOHYDRATES PER HOUR

PRODUCT	SERVE AMOUNT	CARBS PER SERVE	TOTAL CARBS
PRODURANCE ENERGY GEL	11	30g	330g
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
5AM	BREAKFAST - 2-3 X TOAST (VEGEMITE/HONEY) **	
5:30AM	3 SCOOPS PROCOVER WITH 600ML WATER	
5:30-7:25AM	SIP ON PRODRATE + WATER AS REQUIRED TO MAINTAIN HYDRATION	
7:25AM	1 PRODURANCE ENERGY GEL	30g
7:30AM	RACE STARTS	
SWIM	NO NUTRITION	
RUN TRANSITION	NO NUTRITION	
T1	PRODURANCE ENERGY GEL (TAKE IN T1 OR FIRST 5 MINTUES OF CYCLE)	30g
CYCLE	1 BOTTLE PRODURANCE – 2 SCOOPS + 800ML WATER + PRODURANCE ENERGY GEL	90g
	1 BOTTLE PRODURANCE – 2 SCOOPS + 800ML WATER + PRODURANCE ENERGY GEL	90g
	1/2 BOTTLE OF WATER (AID STATION) + PRODURANCE ENERGY GEL	30g
T2	1 PRODURANCE ENERGY GEL (TAKE IN T2 OR WITHIN FIRST 2MIN OF RUN)	30g
RUN	1 PRODURANCE ENERGY GEL EVERY 20MINUTES (5 GELS TOTAL)	150g
	TAKE WATER AS REQUIRED (AIM TOWARDS 450-600ML PER HOUR)	
RECOVERY	3 SCOOPS PROCOVER WITH 600ML WATER	
	REHYDRATE WITH PRODRATE AS REQUIRED (125-150% OF 1L PER 1KG B/W LOST)	
TOTAL		450g

** BREAKFAST ALTERNATIVES

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