

IRONMAN (11 HOURS) – 75g PER HOUR

TIME

| | SPLITS |
|-------|----------|
| SWIM | 01:00:00 |
| CYCLE | 05:20:00 |
| RUN | 04:40:00 |
| TOTAL | 11:00:00 |

75g CARBOHYDRATES PER HOUR

| PRODUCT | SERVE AMOUNT | CARBS PER SERVE | TOTAL CARBS |
|----------------------------|--------------|-----------------|-------------|
| PRODURANCE ENERGY GEL | 16 | 30g | 480g |
| PRODURANCE 800ML (2 SCOOP) | 5 | 60g | 300g |
| PRODURANCE ENERGY BAR | 2 | 30g | 60g |
| PROCOVER 600ML (3 SCOOP) | 2 | 56g | 112g |

RECOMMENDED NUTRITION PLAN: 75g 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 | |
| T1 | 1 PRODURANCE ENERGY GEL (TAKE IN T1 OR FIRST 5 MINTUES OF CYCLE) | 30g |
| CYCLE (HOUR 1) | 1 BOTTLE PRODURANCE (2 SCOOPS + 800ML WATER) + 1 PRODURANCE ENERGY GEL | 90g |
| (HOUR 2) | 1 BOTTLE PRODURANCE (2 SCOOPS + 800ML WATER) + 1 PRODURANCE ENERGY BAR* | 90g |
| (HOUR 3) | 1 BOTTLE PRODURANCE (2 SCOOPS + 800ML WATER) + 1 PRODURANCE ENERGY GEL | 90g |
| (HOUR 4) | 1 BOTTLE PRODURANCE (2 SCOOPS + 800ML WATER) + 1 PRODURANCE ENERGY BAR* | 90g |
| (HOUR 5) | 1 BOTTLE PRODURANCE (2 SCOOPS + 800ML WATER) + 1 PRODURANCE ENERGY GEL | 90g |
| (20MIN) | 1/3 BOTTLE OF WATER + 1 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 30 MINUTES (9 GELS TOTAL) *** | 270g |
| | 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 | | 840g |

*** YOU CAN SUBSTITUTE A PRODURANCE ENERGY BAR FOR OTHER 30g OPTIONS:**

1. SMALL BOX OF SALTANAS/RAISINS
2. ENERGY GEL
3. BANANA (LARGE)
4. HONEY OR NUTELLA SANDWICH (WHITE BREAD CRUSTS REMOVED)

**** BREAKFAST ALTERNATIVES**

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

***** YOU CAN SUBSTITUE 1 PRODURANCE ENERGY GEL FOR 1 SCOOP OF PRODURANCE IN 200ML RUNNING BOTTLE (30g)**

MAKE 2ND BOTTLE CONCENTRATED - 8 SCOOPS IN 800ML WHICH CAN BE MIXED WITH WATER IN AERO BOTTLE ON BIKE