IRONMAN (12 HOURS) – 60g PER HOUR

TIME

	SPLITS
SWIM	01:00:00
CYCLE	05:40:00
RUN	05:20:00
TOTAL	12:00:00

60g CARBOHYDRATES PER HOUR

PRODUCT	SERVE AMOUNT	CARBS PER SERVE	TOTAL CARBS
PRODURANCE ENERGY GEL	12	30g	360g
PRODURANCE 800ML (2 SCOOP)	5	60g	300g
PRODURANCE ENERGY BARS	2	30g	60g
PROCOVER 600ML (3 SCOOP)	2	56g	112g

RECOMMENDED NUTRITION PLAN: 60g 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)	60g
(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)	60g
(40MIN)	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 40 MINUTES (7 GELS TOTAL) ***	210g
	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		**720g**

* YOU CAN SUBSITUTE 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 SUBSITTUE 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