

## IRONMAN (13 HOURS) – 60g PER HOUR

### TIME

	SPLITS
SWIM	01:30:00
CYCLE	07:00:00
RUN	04:30:00
TOTAL	13:00:00

### 60g CARBOHYDRATES PER HOUR

PRODUCT	SERVE AMOUNT	CARBS PER SERVE	TOTAL CARBS
PRODURANCE ENERGY GEL	19	30g	570g
PRODURANCE 800ML (2 SCOOP)	2	60g	120g
PRODURANCE ENERGY BAR	3	30g	90g
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 800ML WATER (AS) + 1 PRODURANCE ENERGY GEL + PRODURANCE ENERGY BAR *	60g
(HOUR 3)	1 BOTTLE PRODURANCE (2 SCOOPS + 800ML WATER) + 1 PRODURANCE ENERGY GEL	90g
(HOUR 4)	1 800ML WATER (AS) + 1 PRODURANCE ENERGY GEL + PRODURANCE ENERGY BAR *	60g
(HOUR 5)	1 BOTTLE 800ML (AS) + 2 PRODURANCE ENERGY GELS	60g
(HOUR 6)	1 800ML WATER (AS) + 1 PRODURANCE ENERGY GEL + PRODURANCE ENERGY BAR *	60g
(HOUR 7)	1 800ML WATER (AS) + 2 PRODURANCE ENERGY GELS	60g
T2	1 PRODURANCE ENERGY GEL (TAKE IN T2 OR WITHIN FIRST 2MIN OF RUN)	30g
RUN	1 PRODURANCE ENERGY GEL EVERY 30 MINUTES ( 8 GELS TOTAL) ***	240g
	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		<b>780g</b>

#### \* 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)

(AS) – AID STATION – TAKE 800ML BOTTLE OF WATER FROM THE AID STATION