

MTB – 100KM MARATHON (4 HOURS)– 90g PER HOUR

TIME:

	TIME
Time	04:00:00

90g CARBOHYDRATES PER HOUR

PRODUCT	SERVE AMOUNT	CARBS PER SERVE	TOTAL CARBS
PRODURANCE ENERGY GEL	4	30g	120g
PRODURANCE CAMELBAK (7 SCOOP)	1	210g	240g
PROCOVER 600ML (3 SCOOP)	2	56g	112g

RECOMMENDED NUTRITION PLAN 90g CARBOHYDRATES PER HOUR (CAMELBAK) – NO STOPS

TIME	NUTRITION	CARBS DURING RACE
6AM	BREAKFAST - 2-3 X TOAST (VEGEMITE/HONEY) ** + BANANA (MEDIUM SIZE)	
6:30AM	3 SCOOPS PROCOVER WITH 600ML WATER	
6:30-8:55AM	SIP ON PRODRATE + WATER AS REQUIRED TO MAINTAIN HYDRATION	
8:55AM	1 PRODURANCE ENERGY GEL	30
START		
(HOUR 1)	1 PRODURANCE ENERGY GEL + 1 CAMELBAK (7 SCOOPS IN 2.5L WATER) DURING RACE	240g
(HOUR 2)	1 PRODURANCE ENERGY GEL	30g
(HOUR 3)	1 PRODURANCE ENERGY GEL	30g
(HOUR 4)	1 PRODURANCE ENERGY GEL	30g
RECOVERY	3.5 SCOOPS PROCOVER WITH 650ML WATER	
	REHYDRATE WITH PRODRATE AS REQUIRED (125-150% OF 1L PER 1KG B/W LOST)	
TOTAL		360g

** BREAKFAST ALTERNATIVES

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