

## MTB – 24 HOUR RACE – 80g PER HOUR

**TIME**

	TIME
Time	24:00:00

**RECOMMENDED NUTRITION PLAN: 80g CARBOHYDRATES PER HOUR**

TIME	NUTRITION	CARBS DURING RACE
9AM	BREAKFAST - 2-3 X TOAST (VEGEMITE/HONEY)	
9:30AM	3 SCOOPS PROCOVER WITH 600ML WATER	
9:30-12AM	SIP ON PRODRATE + WATER AS REQUIRED TO MAINTAIN HYDRATION	
START		
(HOUR 1)	1 BOTTLE PRODURANCE (2 SCOOPS) + 1 PRODURANCE ENERGY GEL	<b>90g</b>
(HOUR 2)	1 BOTTLE PRODURANCE (2 SCOOPS) + 1 PRODURANCE ENERGY GEL	<b>90g</b>
(HOUR 3)	1 BOTTLE PRODURANCE (2 SCOOPS) + 1 PRODURANCE ENERGY GEL	<b>90g</b>
(HOUR 4)	1 BOTTLE PRODURANCE (2 SCOOPS) + 1 PRODURANCE ENERGY GEL	<b>90g</b>
(HOUR 5)	1 BOTTLE PRODURANCE (2 SCOOPS) + 1 PRODURANCE ENERGY GEL	<b>90g</b>
(HOUR 6)	1 BOTTLE PRODURANCE (2 SCOOPS) + SMALL PASTA BOWL	<b>90g</b>
(HOUR 7)	1 BOTTLE PRODURANCE (2 SCOOPS) + 1 PRODURANCE ENERGY BAR	<b>90g</b>
(HOUR 8)	1 BOTTLE PRODURANCE (2 SCOOPS) + 1 PRODURANCE ENERGY BAR	<b>90g</b>
(HOUR 9)	1/2 BOTTLE PRODRATE (2 SCOOPS) + 1 VEGEMITE SANDWICH, PRODURANCE ENERGY GEL	60g
(HOUR 10)	1/2 BOTTLE PRODRATE (2 SCOOPS) + 1 HONEY SANDWICH, PRODURANCE ENERGY GEL	60g
(HOUR 11)	1/2 BOTTLE PRODRATE (2 SCOOPS) + 1 VEGEMITE SANDWICH, PRODURANCE ENERGY GEL	60g
(HOUR 12)	1/2 BOTTLE PRODRATE (2 SCOOPS) + 1 SMALL PASTA BOWL, PRODURANCE ENERGY GEL	60g
(HOUR 13)	1/2 BOTTLE PRODRATE (2 SCOOPS) + 1 VEGEMITE SANDWICH, PRODURANCE ENERGY GEL	60g
(HOUR 14)	1/2 BOTTLE PRODRATE (2 SCOOPS) + 1 HONEY SANDWICH, PRODURANCE ENERGY GEL	60g
(HOUR 15)	1/2 BOTTLE PRODRATE (2 SCOOPS) + 1 VEGEMITE SANDWICH, PRODURANCE ENERGY GEL	60g
(HOUR 16)	1/2 BOTTLE PRODRATE (2 SCOOPS) + 2 PRODURANCE ENERGY BAR	60g
(HOUR 17)	1/2 BOTTLE PRODRATE (2 SCOOPS) + 2 PRODURANCE ENERGY BAR	60g
(HOUR 18)	1/2 BOTTLE PRODRATE (2 SCOOPS) + 1 OATS & ALMOND MILK, PRODURANCE ENERGY GEL	60g
(HOUR 19)	1 BOTTLE PRODURANCE (2 SCOOPS) + 1 PRODURANCE ENERGY GEL	<b>90g</b>
(HOUR 20)	1 BOTTLE PRODURANCE (2 SCOOPS) + 1 PRODURANCE ENERGY BAR	<b>90g</b>
(HOUR 21)	1 BOTTLE PRODURANCE (2 SCOOPS) + 1 PRODURANCE ENERGY BAR	<b>90g</b>
(HOUR 22)	1 BOTTLE PRODURANCE (2 SCOOPS) + 1 PRODURANCE ENERGY BAR	<b>90g</b>
(HOUR 23)	1 BOTTLE PRODURANCE (2 SCOOPS) + 1 PRODURANCE ENERGY GEL	<b>90g</b>
(HOUR 24)	1 BOTTLE PRODURANCE (2 SCOOPS) + 1 PRODURANCE ENERGY GEL	<b>90g</b>
RECOVERY	3 SCOOPS PROCOVER WITH 600ML WATER	
RECOVERY	REHYDRATE WITH PRODRATE AS REQUIRED (125-150% OF 1L PER 1KG B/W LOST)	
TOTAL		<b>1860g</b>

**SOLID FOOD OPTIONS:**

1. PRODURANCE ENERGY BAR
2. BANANA
3. SANDWICH (VEGEMITE, NUTELLA, HONEY)
4. RICE CAKES
5. DATES