

MTB - 3 HOUR ENDURO – 90g PER HOUR

TIME:

	TIME
Time	03:00:00

90g CARBOHYDRATES PER HOUR

PRODUCT	SERVE AMOUNT	CARBS PER SERVE	TOTAL CARBS
PRODURANCE ENERGY GEL	3	30g	90g
PRODURANCE 650ML (2 SCOOP)	3	60g	180g
PROCOVER 600ML (3 SCOOP)	2	65g	130g

RECOMMENDED NUTRITION PLAN: 90g CARBOHYDRATES PER HOUR

TIME	NUTRITION	CARBS DURING RACE
6AM	BREAKFAST - 2-3 X TOAST (VEGEMITE/HONEY) **	
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	30g
START		
(HOUR 1)	1 BOTTLE PRODURANCE (2 SCOOPS + 650ML WATER) + 1 PRODURANCE ENERGY GEL	90g
(HOUR 2)	1 BOTTLE PRODURANCE (2 SCOOPS + 650ML WATER) + 1 PRODURANCE ENERGY GEL	90g
(HOUR 3)	1 BOTTLE PRODURANCE (2 SCOOPS + 650ML WATER)	60g
RECOVERY	3 SCOOPS PROCOVER WITH 650ML WATER	
	REHYDRATE WITH PRODRATE AS REQUIRED (125-150% OF 1L PER 1KG B/W LOST)	
TOTAL		270g

** BREAKFAST ALTERNATIVES

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