

## MTB - 6 HOUR ENDURO – 80g PER HOUR

TIME:

	TIME
Time	06:00:00

### 80g CARBOHYDRATES PER HOUR

PRODUCT	SERVE AMOUNT	CARBS PER SERVE	TOTAL CARBS
PRODURANCE ENERGY GEL	3	30g	90g
PRODURANCE CAMELPAK 1.6L (4 SCOOPS)	3	120g	360g
PROCOVER 600ML (3 SCOOP)	2	56g	112g

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

TIME	NUTRITION	CARBS DURING RACE
6AM	BREAKFAST - 2-3 X TOAST (VEGEMITE/HONEY) **	
6:30AM	3 SCOOPS PROCOVER WITH 600ML WATER	
6:30-9AM	SIP ON PRODRATE + WATER AS REQUIRED TO MAINTAIN HYDRATION	
START		
(HOUR 1)	1 CAMELBAK (4 SCOOPS + 1.6L WATER) – CONSUME OVER 2 HOURS	120g
(HOUR 2)	1 PRODURANCE ENERGY GEL + 1/2 PRODURANCE ENERGY BAR (AID STATION) *	45g
(HOUR 3)	1 CAMELBAK (4 SCOOPS + 1.6L WATER) - CONSUME OVER 2 HOURS	120g
(HOUR 4)	1 PRODURANCE ENERGY GEL + PRODURANCE ENERGY BAR (AID STATION) *	45g
(HOUR 5)	1 CAMELBAK (4 SCOOPS + 1.6L WATER) - CONSUME OVER 2 HOURS	120g
(HOUR 6)	1 PRODURANCE ENERGY GEL (AID STATION)	30g
RECOVERY	3.5 SCOOPS PROCOVER WITH 650ML WATER	
	REHYDRATE WITH PRODRATE AS REQUIRED (125-150% OF 1L PER 1KG B/W LOST)	
TOTAL		<b>480g</b>

#### \*\* BREAKFAST ALTERNATIVES

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

#### \* YOU CAN SUBSTITUTE A ½ PRODURANCE ENERGY BAR FOR OTHER 15g OPTION

1. ½ ENERGY GEL
2. ½ BANANA (LARGE)
2. ½ HONEY OR NUTELLA SANDWICH (WHITE BREAD CRUSTS REMOVED)

#### 3 CAMELBAKS IN TOTAL FOR THE RACE