

MARATHON (3 HOURS) – 60g PER HOUR

TIME

	SPLITS
RUN	03:00:00

60g CARBOHYDRATES PER HOUR

PRODUCT	SERVE AMOUNT	CARBS PER SERVE	TOTAL CARBS
PRODURANCE ENERGY GEL	6	30g	180g
PRODRATE 800ML (2 SCOOP)	1	-	-
PROCOVER 600ML (3 SCOOP)	2	56g	112g

RECOMMENDED NUTRITION PLAN: 60g CARBOHYDRATES PER HOUR

TIME	NUTRITION	CARBS DURING RACE
6AM	BREAKFAST - 2-3 X TOAST (VEGEMITE/HONEY)**	
6:30AM	3 SCOOPS PROCOVER WITH 600ML WATER	
6:30-8:25AM	SIP ON PRODRATE + WATER AS REQUIRED TO MAINTAIN HYDRATION	
8:25AM	1 PRODURANCE ENERGY GEL	30g
8:30AM	RACE STARTS	
RUN	1 x PRODURANCE ENERGY GEL EVERY 30 MIN (5 IN TOTAL)	150g
RUN	DRINK WATER AS REQUIRED (AIM TOWARDS 200-400ML PER HOUR)	
RECOVERY	3 SCOOPS PROCOVER WITH 600ML WATER	
	REHYDRATE WITH PRODRATE AS REQUIRED (125-150% OF 1L PER 1KG B/W LOST)	
TOTAL		180g

**** BREAKFAST ALTERNATIVES**

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