

MARATHON (4 HOURS) – 60g PER HOUR

TIME:

	TIME
RUN	04:00:00

60g CARBOHYDRATES PER HOUR

PRODUCT	SERVE AMOUNT	CARBS PER SERVE	TOTAL CARBS
PRODURANCE ENERGY GEL	8	30g	240g
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 – AIM FOR 400-600ML OF WATER PER HOUR	
0:30	1 PRODURANCE ENERGY GEL + WATER	30g
1:00	1 PRODURANCE ENERGY GEL + WATER	30g
1:30	1 PRODURANCE ENERGY GEL + WATER	30g
2:00	1 PRODURANCE ENERGY GEL + WATER	30g
2:30	1 PRODURANCE ENERGY GEL + WATER	30g
3:00	1 PRODURANCE ENERGY GEL + WATER	30g
3:30	1 PRODURANCE ENERGY GEL + WATER	30g
4:00	RACE FINISH	
RECOVERY	3 SCOOPS PROCOVER WITH 600ML WATER	
	REHYDRATE WITH PRODRATE AS REQUIRED (125-150% OF 1L PER 1KG B/W LOST)	
TOTAL		240g

** BREAKFAST ALTERNATIVES

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