

OLYMPIC DISTANCE (2 HOURS)– 60g PER HOUR

TIME

	SPLITS
SWIM	00:20:00
CYCLE	01:00:00
RUN	00:40:00
TOTAL	02:00:00

60g CARBOHYDRATES PER HOUR

PRODUCT	SERVE AMOUNT	CARBS PER SERVE	TOTAL CARBS
PRODURANCE ENERGY GEL	2	30g	60g
PRODURANCE 800ML (2 SCOOP)	1	60g	60g
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	
SWIM	NO NUTRITION	
RUN TRANSITION	NO NUTRITION	
T1	NO NUTRITION	
CYCLE	1 BOTTLE OF PRODURANCE – 2 SCOOPS + 800ML WATER (DURING HOUR 1)	60g
	1 PRODURANCE ENERGY GEL (HALF WAY/30 MINUTES INTO RIDE)	30g
T2	NO NURITION	
RUN	DRINK WATER AS REQUIRED (AIM TOWARDS 200-300ML PER 30 MINUTES)	
RECOVERY	3 SCOOPS PROCOVER WITH 600ML WATER	
	REHYDRATE WITH PRODRATE AS REQUIRED (125-150% OF 1L PER 1KG B/W LOST)	
TOTAL		120g

** BREAKFAST ALTERNATIVES

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