

## IRONMAN (10 HOURS) – 60g PER HOUR

### HYDRATION & CALORIES SEPERATED

#### TIME

	SPLITS
SWIM	01:00:00
CYCLE	05:20:00
RUN	03:40:00
TOTAL	10:00:00

#### 60g CARBOHYDRATES PER HOUR

PRODUCT	SERVES	CARBS P/S	ELECTROLYTES P/S	TOTAL CARBS	TOTAL ELECTROLYTES
PRODURANCE ENERGY GEL	20	30g	571mg	600g	11420mg
PRODRATE 800ML (2 SCOOP)	5	0g	1352mg	0g	6760mg
PRODRATE 250ML (2 SCOOPS)	2	0g	1352mg	0g	2704mg
PROCOVER 600ML (3 SCOOP)	2	56g	1890mg	112g	3780mg

#### RECOMMENDED NUTRITION PLAN: 60g CARBOHYDRATES PER HOUR

TIME	NUTRITION	CARBS DURING RACE
4AM	BREAKFAST - 2-3 X TOAST (VEGEMITE/HONEY) **	
4:30AM	3 SCOOPS PROCOVER WITH 600ML WATER	
4:30-6:25AM	SIP ON PRODRATE + WATER AS REQUIRED TO MAINTAIN HYDRATION	
6:25AM	1 PRODURANCE ENERGY GEL	30g
6:30AM	RACE STARTS	
SWIM	NO NUTRITION	
T1	1 PRODURANCE ENERGY GEL (TAKE IN T1 OR FIRST 5 MINTUES OF CYCLE)	30g
CYCLE (HOUR 1)	1 BOTTLE PRODRATE – 2 SCOOPS + 800ML WATER + 2 PRODURANCE ENERGY GELS*	60g
(HOUR 2)	1 BOTTLE PRODRATE – 2 SCOOPS + 800ML WATER + 3 PRODURANCE ENERGY GELS*	90g
(HOUR 3)	1 BOTTLE PRODRATE – 2 SCOOPS + 800ML WATER + 2 PRODURANCE ENERGY GELS*	60g
(HOUR 4)	1 BOTTLE PRODRATE – 2 SCOOPS + 800ML WATER + 3 PRODURANCE ENERGY GELS*	90g
(HOUR 5)	1 BOTTLE PRODRATE – 2 SCOOPS + 800ML WATER + 2 PRODURANCE ENERGY GELS*	60g
(20 MIN)	WATER AS REQUIRED	
T2	1 PRODURANCE ENERGY GEL (TAKE IN T2 OR WITHIN FIRST 2MIN OF RUN)	30g
RUN	1 PRODURANCE ENERGY GEL EVERY 40 MINUTES ( 5 GELS TOTAL)	150g
	TAKE WATER AS REQUIRED FROM AID STATION (AIM 400-600ML PER HOUR)	
	2 BOTTLES PRODRATE (2 SCOOPS + 250ML) IN FUEL BELT TO SIP ON	
RECOVERY	3 SCOOPS PROCOVER WITH 600ML WATER	
	REHYDRATE WITH PRODRATE AS REQUIRED (125-150% OF 1L PER 1KG B/W LOST)	
TOTAL		<b>600g</b>

**\* YOU CAN SUBSTITUTE A PRODURANCE ENERGY BAR FOR OTHER 30g OPTIONS:**

1. ENERGY BAR
2. SMALL BOX OF SALTANAS/RAISINS
3. BANANA (LARGE)
4. HONEY OR NUTELLA SANDWICH (WHITE BREAD CRUSTS REMOVED)

**\*\* BREAKFAST ALTERNATIVES**

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

MAKE YOUR 2<sup>ND</sup> OR 3<sup>RD</sup> BOTTLE CONCENTRATED – 6-8 SCOOPS OF PRODRATE IN 800ML WHICH CAN BE MIXED WITH WATER IN A AERO BOTTLE ON YOUR BIKE. THIS ALLOWS YOU TO CARRY ALL OF YOUR ELECTROLYTES AND EASILY MIX THEM WITH WATER YOU PICK UP FROM THE AID STATIONS WHILE ON THE BIKE