

IRONMAN (10 HOURS) – 90g PER HOUR

HYDRATION & CALORIES SEPERATED

TIME

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

90g CARBOHYDRATES PER HOUR

PRODUCT	SERVES	CARBS P/S	ELECTROLYTES P/S	TOTAL CARBS	TOTAL ELECTROLYTES
PRODURANCE ENERGY GEL	30	30g	571mg	900g	17130mg
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: 90g 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	PRODURANCE ENERGY GEL (TAKE IN T1 OR FIRST 5 MINTUES OF CYCLE)	30g
CYCLE (HOUR 1)	1 BOTTLE PRODRATE – 2 SCOOPS + 800ML WATER + 3 PRODURANCE ENERGY GELS*	90g
(HOUR 2)	1 BOTTLE PRODRATE – 2 SCOOPS + 800ML WATER + 3 PRODURANCE ENERGY GELS*	90g
(HOUR 3)	1 BOTTLE PRODRATE – 2 SCOOPS + 800ML WATER + 3 PRODURANCE ENERGY GELS*	90g
(HOUR 4)	1 BOTTLE PRODRATE – 2 SCOOPS + 800ML WATER + 3 PRODURANCE ENERGY GELS*	90g
(HOUR 5)	1 BOTTLE PRODRATE – 2 SCOOPS + 800ML WATER + 3 PRODURANCE ENERGY GELS*	90g
(20 MIN)	WATER IF REQUIRED AND 1 PRODURANCE ENERGY GEL (AT THE 5 HOUR MARK)	30g
T2	PRODURANCE ENERGY GEL (TAKE IN T2 OR WITHIN FIRST 2MIN OF RUN)	30g
RUN	PRODURANCE ENERGY GEL EVERY 20MINUTES (11 GELS TOTAL) ***	330g
	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		900g

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

1. ENERGY BAR
2. 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 2ND OR 3RD 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