

IRONMAN (9 HOURS) – 90g PER HOUR

HYDRATION & CALORIES SEPERATED

TIME

	SPLITS
SWIM	00:50:00
CYCLE	04:50:00
RUN	03:20:00
TOTAL	09:00:00

90g CARBOHYDRATES PER HOUR

PRODUCT	SERVES	CARBS P/S	ELECTROLYTES P/S	TOTAL CARBS	TOTAL ELECTROLYTES
PRODURANCE ENERGY GEL	27	30g	571mg	810g	15417mg
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	1 PRODURANCE ENERGY GEL (TAKE IN T1)	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
T2	1 PRODURANCE ENERGY GEL (TAKE IN T2 OR WITHIN FIRST 2MIN OF RUN)	30g
RUN	1 PRODURANCE ENERGY GEL EVERY 20MINUTES (9 GELS TOTAL)	270g
	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		810g

* YOU CAN SUBSTITUTE A PRODURANCE ENERGY GEL 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 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