

# T100 DUBAI NUTRITION & FUEL PLANNER

Use this planner to calculate and organise your fuelling strategy for the T100. Practise this plan in your long bricks and race simulations. Adjust based on heat, tolerance and training feedback.

## Key Fuel Targets

Category	Target
Carbohydrate Intake	80 - 100g per hour
Bike Focus	Majority of carbs taken on bike
Electrolytes	Carb drinks already include electrolytes
Hydration	Avoid carrying plain water - minimal value in long-course racing

## Fuel Calculation Worksheet

Segment	Duration (hrs)	Target carbs/hr (g)	Total carbs (g)	Fuel Source Notes
Swim (45-10 min prior)		25-50g total	-	Banana / gel / carb drink
Bike		80-110		BiGr Endurance or carb drink + gels
Run		60-90		Gels + electrolytes if needed

## Important Notes

- Carbohydrate drink mixes already contain electrolytes - avoid doubling up unless required.
- Avoid carrying bottles of plain water - they provide no fuel or electrolyte benefit.
- Water is only useful in small amounts to rinse mouth or help swallow gels at aid stations.

## Race Week Checklist:

- Practise fuel strategy in training
- Confirm hourly carbohydrate target
- Prepare carb drink bottles (e.g., BiGr Endurance)
- Pack gels / chews / caffeine strategy
- Include pre-swim fuelling plan
- Avoid plain water bottles - use fuel bottles
- Adjust for forecast heat + humidity

