

# TRIATHLON NUTRITION PLANS

	<b>Super Sprint 375m/10km/2.5km</b>	<b>Sprint 750m/20km/5km</b>	<b>Olympic 1500m/40km/10km</b>	<b>T100 &amp; 70.3</b>
Pre Race	<ul style="list-style-type: none"> <li>• Light Breakfast 2-3 hours prior</li> </ul>	<ul style="list-style-type: none"> <li>• Light Breakfast 2-3 hours prior</li> </ul>	<ul style="list-style-type: none"> <li>• Light Breakfast 2-3 hours prior</li> </ul>	<ul style="list-style-type: none"> <li>• A light breakfast 2-3 hours before the race e.g. Brown toast and honey</li> </ul>
Pre Swim	<ul style="list-style-type: none"> <li>• 500ml Training mix</li> </ul>	<ul style="list-style-type: none"> <li>• 500ml Training mix +1 Iso gel</li> </ul>	<ul style="list-style-type: none"> <li>• Banana 45 mins before: 1 ISO Gel 10 mins before</li> <li>• 500ml Training mix +1 Iso gel</li> </ul>	<ul style="list-style-type: none"> <li>• Banana 45 mins before: 1 ISO Gel 10 mins before</li> <li>• 500ml of Training Mix</li> </ul>
T1	<ul style="list-style-type: none"> <li>• 1 Iso Gel</li> </ul>	<ul style="list-style-type: none"> <li>• 1 Iso Gel</li> </ul>	<ul style="list-style-type: none"> <li>• 1 Iso Gel</li> </ul>	<ul style="list-style-type: none"> <li>• 1 Iso Gel</li> </ul>
Bike	<ul style="list-style-type: none"> <li>• 500ml Race Mix</li> <li>• 20g of carbs</li> </ul>	<ul style="list-style-type: none"> <li>• 1 litre Race Mix</li> <li>• 40g of carbs</li> </ul>	<ul style="list-style-type: none"> <li>• 500ml Big Endurance</li> <li>• 100g of carbs</li> </ul>	<ul style="list-style-type: none"> <li>• 3 x 500ml of BiGr Endurance (up to 300g of carbs) plus gels as required</li> </ul>
T2	<ul style="list-style-type: none"> <li>• 1 Iso Gel</li> </ul>	<ul style="list-style-type: none"> <li>• 1 Iso Gel</li> </ul>	<ul style="list-style-type: none"> <li>• 1 Iso Gel</li> </ul>	<ul style="list-style-type: none"> <li>• 1 ISO gel / Banana</li> </ul>
Run		<ul style="list-style-type: none"> <li>• 1 Iso Gel or 1 Caffeine Gel</li> </ul>	<ul style="list-style-type: none"> <li>• 1 Iso Gel and 1 Caffeine gel or • 2 Caffeine gels, or 2 Iso gels</li> </ul>	<ul style="list-style-type: none"> <li>• 2-3 ISO gels plus 2-3 Caffeine gels</li> </ul>
Post Race	<ul style="list-style-type: none"> <li>• Protein Recovery Drink</li> </ul>	<ul style="list-style-type: none"> <li>• Protein Recovery Drink</li> </ul>	<ul style="list-style-type: none"> <li>• Protein Recovery Drink</li> </ul>	<ul style="list-style-type: none"> <li>• Protein Recovery Drink</li> </ul>

