

CHALLENGE SIR BANI YAS MIDDLE DISTANCE NUTRITION & FUEL PLANNER

Use this planner to calculate and organise your fuelling strategy for the middle distance. 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
Pre swim (45-10 min prior)		25-50g total		Banana / gel / carb drink
Bike		80-110 per hour		BIGr Endurance carb drink + gels
Run		60-90 per hour		Gels + electrolytes if needed



Race Week Checklist:

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

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.