

TRIATHLON NUTRITION PLANS

	Olympic 1500m/40km/10km	Middle Distance 1900m/90km/ 21.1km	Long Distance 3800m/180km/42.2 km
Pre Race	<ul style="list-style-type: none"> Light Breakfast 2-3 hours prior e.g. Brown toast and honey 	<ul style="list-style-type: none"> A light breakfast 2-3 hours before the race e.g. Brown toast and honey 	<ul style="list-style-type: none"> A light breakfast 2-3 hours before the race e.g. Brown toast and honey
Pre Swim	<ul style="list-style-type: none"> Banana 45 mins before: 1 Gel 10 mins before 	<ul style="list-style-type: none"> Banana 45 mins before: 1 Gel 10 mins before 	<ul style="list-style-type: none"> Banana 45 mins before: 1 Gel 10 mins before
T1	<ul style="list-style-type: none"> 1 Gel 	<ul style="list-style-type: none"> 1 Gel 	<ul style="list-style-type: none"> 1 Gel
Bike	<ul style="list-style-type: none"> 500ml BIGr Endurance 100g of carbs 	<ul style="list-style-type: none"> 3 x 500ml of BIGr Endurance (up to 300g of carbs) plus gels as required 	<ul style="list-style-type: none"> 6 x 500ml of BIGr Endurance (up to 600g of carbs) plus gels/ bars as required
T2	<ul style="list-style-type: none"> 1 Gel 	<ul style="list-style-type: none"> 1 Gel / Banana 	<ul style="list-style-type: none"> 1 Gel / Banana
Run	<ul style="list-style-type: none"> 1 Gel and 1 Caffeine gel or 2 Caffeine gels, or 2 gels 	<ul style="list-style-type: none"> 2-3 gels plus 2-3 Caffeine gels 	<ul style="list-style-type: none"> 1 x 500ml of BIGr Endurance, 2-3 gels, 2-3 Caffeine gels
Post Race	<ul style="list-style-type: none"> Protein Recovery Drink 	<ul style="list-style-type: none"> Protein Recovery Drink 	<ul style="list-style-type: none"> Protein Recovery Drink

