



Ironman 70.3 Nutrition

Focusing on what we eat can make the world of difference to how well we do in triathlon

Eating the right foods can mean more energy, so we can go faster and for longer, and better concentration levels, so we can improve our technique and decrease the risk of injury.

Race Nutrition

- Practice what you plan to do during the race in as many training sessions as possible.
- Decide whether you will be self sufficient or use products provided during the race.
- Plan your nutrition strategy for pre race, during and post race.

Carb Load

- When carb (cho) loading (~10g cho/kg BW) 1-2 days prior to race, practice your carb intake, focusing on the type of carb that best suits you and your fluid intake.

Pre race

- Look at pre-race fuel –
 - Include a high carb, low fat meal/snack ~1-2 hours prior to race
 - As a guide: 1-2 g cho/kg BW.
 - Liquids may work best for early morning starts as they may be drunk just prior to race commencing.
 - Consider a probiotic as part of pre and post race nutrition



Race Nutrition

- During race consider
 - Carbohydrate sources
 - Aim for 90g/hr (60g glucose and 30g fructose)
 - Aim for a variety of sources
 - Fluids
 - Aim for 750ml/hr as a guide
 - Pre and post weighing in training is great for assessing individual fluid requirements
 - Electrolyte sources
 - 0.25-0.5 g sodium per hour
 - Sports drinks, electrolyte tablets, bars and gels all contribute electrolytes
 - Focus on mainly if you have issues with cramping
 - Caffeine
 - 30-90 minutes to take effect
 - 1-3 mg/kg
 - May be taken before or during race

Recovery

- A recovery snack within 15-30 minutes of finishing exercise makes all the difference! *Refuel* depleted energy stores, *rehydrate* and *repair* muscle damage.
- As a guide: 1 – 1.5g cho/kg BW in 1st hr & 7-10g cho/kg BW within 24 hrs
- Carbs are the most important recovery nutrient but also consider protein, fluids, and fuelling your immune system

Reference:

Jeukendrup AE. Carbohydrate and exercise performance: the role of multiple transportable carbohydrates. *Curr Opin clin Nutr Metab Care* 13:452-457, 2010

Getting confused with the numbers?
nutrition works are happy to provide personalized training nutrition and race plans with one on one sports nutrition education.
Just ring the most convenient clinic to book an appointment.