

70.3/100 TRIATHLON RECIPE



STRONGER AEROBIC BASE
OPTIMIZE AEROBIC ADAPTIONS.
BUILD GUT RESILIENCE

STABLE HIGH-INTENSITY FINISHES
HIGH-INTENSITY GLYCOGEN PRESERVATION
AND FUEL EFFICIENCY

STRONG RESILIENT GUT
TRAINED GUT RESILIENCE. RAPID CARBOHYDRATE GUT TRANSIT

NIGHT BEFORE

PROTEIN: Fish, Chicken, Eggs, Sushi

STARCH: Small-serve complex form. Cooked, and then slightly cooled. Rice. Sweet Potato.

Small piece of fruit, with 2-3 Tbsp plain Greek yoghurt.

AVOID: Alcohol, desert, juices, sodas, ice-cream, caffeine.

PREP: Concentrate **ZONE 4** to 60Gr/Hr. Use **ZONE 4** drink in bike bottles (and aero bar hydration system), and **ZONE 5** Gel during the run.

RACE MORNING

PREP: Add 2 **PRIMED** serves to your **ZONE 4** in your aero-bar fuel-hydration storage.

BREAKFAST: Easy Protein, little fat. Eggs. SFuels Cereal/Milk-cream, SFuels LIFE bar. Coffee, Tea (tested in Training) or water.

START PRIMED: 1-2hrs Pre Race-Start: Sip on 1-serve **PRIMED** in throw-away bottle.

AVOID: High-carb cereals, breads, baking. Juices, candy, gels

DURING RACE

FROM T1: Start drinking from aero-bar fuel-hydration storage (**PRIMED+ZONE 4**) – ideally consume all **PRIMED** in first 30-60mins on the bike.

BIKE: Continue to consume 60Grams of Carbohydrate (**ZONE 4**) per hour through bike, while picking up water at aid-stations.

RUN: At T2, recommend 1-serve **PRIMED** sachet to support strong intensity run. Target 30-60gr/Hr Carbs in **ZONE 5 Gel** during run. Sip every 10mins, plus water from aid-stations.

