

# IRONMAN® 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 marathon.

### RACE MORNING

**PREP:** Add 2 **PRIMED** sachets 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. At six hours into race (total swim + bike time) take another 2 serves **PRIMED**.

**RUN:** Target 30-60gr/Hr Carbs in **ZONE 5 Gel** during run. Sip every 10mins, plus water from aid-stations.

