Middle distance triathlon (100 km/62.1 mi)

PRELOADING
THE DAY BEFORE

PRE-RACE LOADING 1-4 HOURS BEFORE SWIM 2000M PRE-SWIM INTAKE BIKE 80 KM DURING BIKE INTAKE



1 x Drink Mix 320 and 1 x Solid 160



1 x Drink Mix 160 or 1 x Solid 160



1 x Gel 100 Caf 100 or 1 x Gel 160 or 1 x Gel 100



Aim for 60-90g of carbohydrates per hour.

Examples:

 $1\,x$ Drink Mix 160 and $1\,x$ Gel

100 = 65g

1 x Drink Mix 320 or Drink Mix

320 Caf 100 = 80g

1 x Drink Mix 160 and 1 x Gel

100 Caf 100 and 1 x Gel 100 =

90g

The Maurten range of sport fuels can act like a modular system, enabling athletes to pick and choose their preferred format and still get the right amount of carbohydrates per hour $\,$.

RUN 18 KM DURING RUN INTAKE



 $1\,x$ Gel 100 Caf 100 and

1 x Gel 100