Middle distance triathlon (113.1 km / 70.3 mi)

PRELOADING

THE DAY BEFORE

1 x Drink Mix 320 and
1 x Solid 160

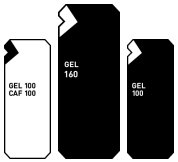
PRE-RACE LOADING

1–4 HOURS BEFORE□

1 x Drink Mix 320 or
1 x Drink Mix 160 or
1 x Solid 160

SWIM 1900 M

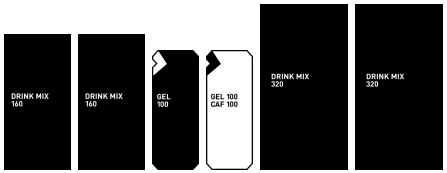
PRE-SWIM INTAKE



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

BIKE 90 KM

DURING BIKE INTAKE



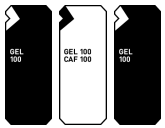
Aim for 60-90g of carbohydrates per hour.

1 x Drink Mix 160 and 1 x Gel 100 = 65g
1 x 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 21.1 KM

DURING RUN INTAKE



1 x Gel 100

1 x Gel 100 Caf 100

1 x Gel 100

Maurten recommends:

Based on a plan consisting of a total of 400g of carbohydrate:

Sub4:30 = 89 g/h
Sub5:00 = 80 g/h
Sub5:30 = 73 g/h
Sub6:00 = 67 g/h
Sub6:30 = 62 g/h
Sub7:00 = 57 g/h

How do I combine Maurten products to get the right amount of carbohydrates per hour for my sport?

The Maurten range of sport fuels can act like a modular system, enabling athletes to pick and choose their preferred format for the training and racing situation. Products can be combined to attain the desired amount of carbohydrates. Fueling should be considered before, during and after an activity. Load glycogen stores before, maintain performance throughout, avoid depletion and recover to go again next time.

Gel 100: 25 grams of carbohydrates

Gel 100 Caf 100: 25 grams of carbohydrates + caffeine

Gel 160: 40 grams of carbohydrates

Drink Mix 160: 40 grams of carbohydrates

Drink Mix 320: 80 grams of carbohydrates

Drink Mix 320 Caf 100: 80 grams of carbohydrates + caffeine

Solid 225: 44 grams of carbohydrates

Solid 225 C: 44 grams of carbohydrates.

How can hot weather conditions affect my nutrition plan?

In hot weather your fueling plan is unlikely to change. However, hydration needs will vary as temperature and sweat loss increase, accelerating the risk of dehydration. Dehydration inhibits the body's ability to regulate temperature. In general, it is suggested that performance capacity decreases when an athlete surpasses a 2% loss in bodyweight from fluid loss.

Hydration needs are highly personalized — heat, intensity, duration, body composition, fluid tolerance and prior training will all impact fluid loss. Training gives the opportunity to understand how your body responds to fluid loss during different conditions, intensities and durations. Try weighing yourself before and after training to refine a hydration plan. Remember that race day could be hot weather, so it's important to be prepared for that.

The American College of Sports Medicine recommends replacing 150% of lost fluid soon after training or racing at a maximum rate of 1.2L per hour.

Why should I use sports nutrition with Caffeine?

While studies have suggested that caffeine could promote alertness and reduce perceived effort, and that these are attractive properties in sport, caffeine can't be said to enhance performance. Reported benefits are highly nuanced and tolerance to caffeine can vary greatly between individuals based on, amongst other things, body composition, dosage and timing

Caffeine effectiveness is dose-dependent. The response is highly individual and therefore it should not simply be considered that more is better. Caffeine is rapidly absorbed in the blood within 5 –15min, and peaks within 45–90 min (half-life 180–300min).

Developing a nutritional strategy for races or key sessions is complex. Caffeine absorption and metabolizing rate varies between individuals. There are two key factors that should be considered:

1) your body weight; and

2) your previous exposure to caffeine.