

IRON MAN DISTANCE TRIATHLON NUTRITION PLAN



We've paid our entry fee, trained hard and bought all the gear but the thing that often lets people down is fuelling correctly on race day. Whether you are looking to smash out a PB, pushing your body to its limits or are just looking to get around and survive. Taking on board the right fuel, at the right time can not only help you have a better race but it can also help you feel better during and after your big event.

Our guide is focused around our products, a tried and tested system that is used by European and World class athletes. They are not 'sponsored' athletes receiving free products, these are some of the world's best who purchase the system to get the very best out of their races so please read on and if you have any questions please feel free to get in touch.



In the buildup

Eat as you normally would (avoiding processed and fast food), ideally balanced meals based around fresh food you prepare yourself and get into the habit of sipping water throughout the day to ensure you are fully hydrated.

Days before

In the days prior to an Ironman Distance Triathlon it's essential to ensure your system is as prepared as it can be, so our users often

drink a Night Fuel in the evenings prior to an event as this helps to feed and nourish your muscles while you're asleep and in your most restorative state.

Sipping an energy fuel the day before can also help with this process and if you have travelled, especially abroad then the vitamins and minerals in the energy fuel help to replenish your fatigued state. If you fly, drink plenty of water while you're in the air to avoid dehydration.



Morning of the event

Avoid a 'heavy on the stomach' and large breakfast - we mean fry ups, too large a bowl of porridge etc. Having too much in your stomach is not going to help you when you start to swim. Go for a calorific but easy to absorb breakfast like Morning Fuel and supplement this with a banana and/or some seeds. Or simply have a FeelGoodBar as they are energy dense yet light on the stomach and are very nutritious.

Sip an energy fuel just after breakfast and on the way to the start

line too. The alternative is to have a Sports Jelly 15 minutes before the swim starts.

On the Bike (T1)

Preparation is key. Fuelling on the bike is crucial as to how well your run will go, you need to ensure you keep on top of hydration and fuelling, ensuring your glycogen levels are topped up. Fuelling on the bike is also less stress on your digestive system so you can take on board more calories than when running.

There's lots of info out there about maximising carbohydrate intake up to 90g per hour but you have to have a well-trained stomach and be vigilant as to intake, as too much fructose for example will end in a gurgling pit of misery. Your digestive and energy system



also has to work hard to deliver energy in this way and when you're working muscles and organs are crying out for blood flow etc on a longer event your body can simply start to shut your stomach down and that is when nausea, sickness and diarrhea can ruin your race.

We always suggest that you aim for around 50g to 70g - roughly between 200 to 300 kcal an hour as a balance, on occasion you will go a little over and other times under. Ultimately you can't absorb more than 250 kcal an hour so if you keep adding in more than this you are going to get issues...

For the bike we'd prepare our FeelGoodBars (easy to eat and digestible) in advance by chopping up them into four pieces, or you can just eat them in four, taking a couple of mouthfuls at a time. I'd suggest one to two pieces an hour along with sipping Energy Fuel

and a Sports Jelly as each slice would equate to roughly 10g carbs / 45kcal. So for example on the bike;

1 sachet, 750ml Energy Fuel per 1 1/2 hours = 26g carbs per hour

2 slices of bar = 20g carbs per hour

1 Sports Jelly = 20g per hour

Little and often of each, don't overload the stomach, just keep it ticking over and replenishing glycogen.

The Energy Fuel has a balanced carbohydrate mix to ensure you rapidly replenish glycogen while delivering a sustained energy release. Added minerals (electrolytes), vitamins and amino acid ensures that your muscles are replenished and fuelled for all types of effort and distance.



The Sports Jellies are refreshing, easy on the stomach and contain electrolytes and unlike other gels you can rely on these to deliver your fast acting energy without worry of stomach issues or the need to drink lots of fluid with them, even on a hot day. You can also exclusively fuel on these if you find it hard to take on solids.

On the Run (T2)

Pre-mix a Recovery Fuel with around 200 ml water and take this as you come into transition. We can't emphasize the benefit of doing this, not only in preparation for the run in replenishing your muscles but also in offsetting DOM's the following day(s).

If you're comfortable with a race pack we'd suggest carrying your own mix of Energy Fuel and Sports Jellies as you can take this on board in line with your fuelling strategy. Or the alternative is to carry Sports Jellies alone and utilise the water stations for

hydration to compliment the jellies.

Within 15 to 20 minutes of the start of your run either start sipping an Energy Fuel or have a some of your Sports Jelly. The Sports Jellies are easy to carry as they don't dribble everywhere so you have the option of taking in one go or as many of our athletes do, having two or three mouthfuls over a 15 to 20-minute period.



For the run we'd suggest a jelly every 30 to 45 minutes, depending on effort and how well adapted you are as to your fuelling. If you have been able to train to heart rate in your training it may be that you have been able to increase your body's ability to convert fat stores to energy. Some of us are naturally better than others at this, but long training runs at a low heart rate can help naturally switch your body maximising its own energy system on top of the need to take on board

readily available carbohydrate. In addition to the Sport Jellies you could also sip an energy fuel every 1 to 1 ½ hours if required. Aiming for between 40 and 60g depending on your training method, the race day conditions and also how your feeling.

When you are on the run, this is when your stomach in particular is under its most stress. Not only are your muscles pulling and pushing around your stomach but your food and fluids are jiggling around and to top it all off there is an internal battle for blood flow between your vital organs, working muscles and stomach. The heat can add in an extra dimension with blood flow also being diverted to help cool the body. Accept that on a long distance even there may be times you feel uncomfortable, sick even. If that is the case, slow down, sip water and allow your system to balance itself again.



The finish

Yes you may want to collapse, chat to other competitors, loved ones etc but getting a Recovery Fuel in at this point will not only help you feel better sooner, it will also help offset DOM's the next day and that painful walk down the stairs may just be that little bit easier!

Good luck and have fun and let us know how you get on with your next event.

We'd also suggest reading the following articles which discuss how differing weather conditions affect your body during activity [Running in the heat](#) and [Running in adverse conditions](#)

A selection of our customers 2019 results:

Charlie Harpur donning his England vest and winning the 100k Anglo Celtic Plate

Kilian Jornet breaking the 24 hour elevation record completing 78,274ft over the 24 hours

Mark Lamb 1st English Fell Championships, Stretton Hills

Mark Lamb 2nd English Fell Championships, Stretton Hills

Mark Lamb 1st British Fell Championships, The Mourne Highline

Brennan Townshend 1st & Ricky Lightfoot 2nd, 3 Peaks

Victoria Wilkinson 1st English Fell Championships, Howgills

Mark Lamb 3rd English Fell Championships, Howgills

Rob Sinclair 1st, Pinnacle Ridge Sky Race

Kilian Jornet winning Zegema with GB's Vic Wilkinson making her debut in the Salomon Golden Trail series and finishing in 8th

In the Trail World Championships we saw our men secure a Team GB Silver medal with Jon Albon, Carl Bell & Ricky Lightfoot. Katie Kaars Sijpesteijn (5th team) and Henriette Albon who races for Norway with a fantastic performance in her debut finishing in the top 50

Brennan Townshend 2nd English Fell Champs, Great Lakes

Nichola Jackson 2nd English Fell Champs, Great Lakes

At the multi day Dragons Back race across Wales a 5-day journey, 315 kilometres long with 15,500 metres of ascent we saw Lisa Watson 1st lady and Sabrina Verjee 2nd in a tightly fought battle

After a 10 year wait Damian Hall has set a new Paddy Buckley round record. 47 peaks, 61 miles and 28,000ft ascent in 17:31. 11 minutes quicker than the previous record

Sabrina Verjee wins outright the Spine Race Fusion a 268 mile non stop race across the Pennine Way

Nichola Jackson 2nd English Fell Champs, Black Fell

Katie Kaars Sijpesteijn finishes 7th in the SkyRunning World Series, Mount Olympus in Greece

Charlie Harpur paces the final 38 miles of Tom Evans 3rd place in the Western States 100

Beth Pascal 4th Western States 100 miles 18,000 ft ascent & 23,000 ft descent

Jacob Adkin 1st & Team Gold in the European Mountain Running Championships, Zermatt

Brennan Townshend 1st & Mark Lamb 3rd English Fell Champs, Grisedale Horsehoe

Rob Sinclair 1st, Aaran Ultra Skyrace

Sarah McCormack wins, for the third year in a row the Snowdon International Mountain Race representing Team Ireland. Joe Baxter makes his debut, finishing 8th and team Silver.

Chris Holdsworth 4th Snowdonia Trail Marathon (Team GB qualifier), Lancashire fell champion and tour of Pendle champion for a 3rd year running.

Damian Hall finishes achieves a fantastic 7th (2nd v40) in the Eiger Ultra Trail only weeks after his Paddy Buckley Round record

Kilian Jornet 1st and new CR at Sierra Zinal, Golden Trail Series

Kilian Jornet 1st Pikes Peak, Golden Trail Series

Beth Pascal 5th UTMB

Julie Briscoe Team GB Silver World Championships 50k

Mark Lamb 1st English Fell Championships, Ilam Park

Damian Gielty wins the UK Sky Running series with 1st Snowdon Skyline, 1st Scafell Skyrace & 1st 7 Sisters Skyline

Katie Kaars Sijpesteijn 3rd overall & 1st Lady Ben Nevis Ultra (Glencoe Skyline)

Brennan Towhshend 1st, Rob Sinclair 2nd, Mourne Skyline UK Sky Race

Paul Tierney completed what is arguably the toughest continuous mountain run in the world, in fact possible the toughest run in the world, period. Completing all the Wainwrights in the English Lake District, 214 fells (peaks), 318 miles with 36,000m of ascent in a new record time of 6 days, 6 hours and 5 minutes. 7 Hours faster than the previous record. Paul was running in memory of friend and fellow athlete who lost his fight with mental health. If you are able you too can donate to MIND

Sarah McCormack wins the World Mountain Running Cup championship

Ricky Lightfoot wins and breaks the 50 mile Lakes In A Day record

Chris Holdsworth Lancashire fell champion and Tour of Pendle champion for a 3rd year running

Marcis Gubats 3rd, Maxi Race Madeira

Kim Collison sets a new Winter Bob Graham Record 15 hrs 47mins, the previous record was 18hrs 18mins. 42 peaks, 66 miles and 27,000ft ascent