

A group of triathletes in wetsuits and swim caps are running on a sandy beach. The ocean waves are crashing around them, creating a dynamic and energetic scene. The sky is clear and blue, and the sun is bright, casting a lens flare effect on the left side of the image.

PERFORMANCE NUTRITION FOR ENDURANCE SPORTS



Paul Dickinson
@pauldickinsoncoaching

TRIATHLON

WHAT IS IT?

TYPICAL DURATION

SPRINT TRIATHLON **750M SWIM / 20KM BIKE / 5KM RUN** **50 – 90 MINS**

OLYMPIC TRIATHLON **1500M SWIM / 40KM BIKE / 10KM RUN** **2 – 4 HOURS**

IRONMAN TRIATHLON **3800M SWIM / 180KM BIKE / 42KM RUN** **8 – 16 HOURS**

RUNNING SPECIFIC

HALF MARATHON **13.1 MILE RUN(~21KM)** **1H30 – 3H**

MARATHON **26.2 MILE RUN(~42KM)** **2 – 6H**

COMMON ENDURANCE EVENTS...



CHO LOADING AND PREPARATION (EVENTS OVER 90 MINS LONG)...

STARTING WITH A FULL TANK

3 DAYS BEFORE EVENT

CHO INTAKE - 6-10G/KG OF BODYWEIGHT

**LOWER PROTEIN INTAKE -0.7-1G/KG OF
BODYWEIGHT**

**FAT INTAKE - LOWER SLIGHTLY THAN
NORMAL**

REDUCE FIBRE CONTENT



3 DAYS BEFORE THE EVENT EVENTS OVER 90 MINS LONG...

BREAKFAST

RACE DAY CHO INTAKES

1-4G/KG CONSUMED 1-4 HOURS BEFORE EXERCISE

- ACCORDING TO CLIENT PREFERENCES AND EXPERIENCES
- CHOOSE SOMETHING YOU HAVE TRIED IN TRAINING
- ACCORDING TO THE PRACTICALITIES OF THE EVENT (ENCOURAGE PREPARATION)
- GENERALLY LOW FAT AND FIBRE



RACE DAY ...

EVENT	RECOMMENDED CHO INTAKE	CHO TYPE	EXAMPLE
< 30 MINS	NONE REQUIRED		
30-75 MINS	MOUTH RINSE	MOST FORMS OF CHO	GLUCOSE OR GLUCOSE : FRUCTOSE
1-2 HOURS	UP TO 30G/HOUR	MOST FORMS OF CHO	GLUCOSE OR GLUCOSE : FRUCTOSE
2-3 HOURS	UP TO 60G/HOUR	RAPIDLY OXIDISED CHO	GLUCOSE : FRUCTOSE
2.5 HOURS +	UP TO 90G/HOUR	RAPIDLY OXIDISED CHO	GLUCOSE : FRUCTOSE

INTRA RACE...

A photograph of three plastic bottles of sports drinks (red, blue, and orange) sitting on a tray of ice. The bottles are arranged in a row, with the orange bottle in the foreground and the red and blue bottles behind it. The background is a blurred green field.

TYPICALLY CONTAIN - 6-8 G/100 ML

SPORTS DRINKS ...



TYPICALLY CONTAIN - 20-25 GRAMS OF CARBS PER SERVING

ENERGY GELS ...



**TYPICALLY CONTAIN - 25-35 GRAMS OF
CARBS PER SERVING**

ENERGY BARS ...



**TYPICALLY CONTAIN - 25-35 GRAMS OF
CARBS PER BANANA**

BANANAS ...



**TYPICALLY CONTAIN - 78 GRAMS OF
CARBS PER 100G**

JELLIED SWEETS ...