

Triathlon Race-Day Nutrition Plan

Half and Full Triathlon Distance

Athletes must be aware of a few different metrics when considering nutrition:

- Fluid ounces per hour
- Calories per hour
- Sodium per hour
- Potassium per hour
- Weight loss for any workout over 75minutes
- How did the athlete feel throughout the workout?

The above metrics help in determining whether the athlete should change the amount of fluids, calories, or electrolytes. As the above metrics are captured, they will show a pattern and allow the athlete to "dial in" what rate of in-take is optimal.

"80%" rule (meaning 80% of all athlete land in these ranges) are:

Full Ironman

Bike:

- 24-32 ounces per hour
- 300-450 calories per hour
- 600-1200 mg sodium per hour
- 200-400 mg potassium per hour

Run:

- 16-24 ounces per hour
- 200-300 calories per hour
- 600-1200 mg sodium per hour
- 200-400 mg potassium per hour

Half Ironman

Bike:

- 24-32 ounces per hour
- 250-400 calories per hour
- 600-1200 mg sodium per hour
- 200-400 mg potassium per hour

Run:

- 16-24 ounces per hour
- 150-250 calories per hour
- 600-1200 mg sodium per hour
- 200-400 mg potassium per hour

Race Day Nutrition Tips offered by Chuck Kemeny of Life Sport Coaching (www.lifesportcoaching.com)