



Nutrition Plan Basics - 80kg

No breakfast unless you can eat three hours before the start - yes really! Read the articles on the website for further info. About 30mins before the start, take 2 Endurolyte capsules. About 10mins before the start, take a gel with some water.

At T1 you can take a gel and then start on your bike fuel after about half an hour, or you can skip the gel and start on your bike fuel. We recommend that you mix your fuel into one bottle (or a couple of flasks) and keep your fluid (water and calorie free electrolyte) separate. The reason is that sometimes you just need to knock off the calories but you still need to keep your fluids and electrolyte intake going.

Finish your bike fuel about 20-30mins out from T2 to reduce the likelihood of having stomach issues on the run.

On the run, while we have some clients who swear by using Perpetuem, others find that gels are a better option. Logistically they are certainly easier. Experiment in training and see what works for you.

We recommend that you aim to work out how little you can go well on, not how much you can consume! This is why we tend to fuel you at what should be a little on the low side to start, but suggest you always take a few extra gels with you in case you run low.

It is really important that you do some testing to simulate race pace intensity as working at intensity there is less blood in the stomach to deal with digestion.

Before:

30mins: 2 Endurolyte capsules and water.

10mins: 1 Anti Fatigue Capsule and 1 gel with water.

Bike:

Perpetuem - 1.25 - 1.5 scoops of Perpetuem per hour.

Water - 750ml bottle of with 1 Endurolytes Fizz added per hour

Endurolytes capsules - 1-2 per hour depending on conditions if not using Fizz. If it is hot or you are prone to cramping, you may need a higher dosage.

Anti Fatigue capsules - 1 per hour.

Run:

Hammer Gel - 1-2 per hour **OR**

Perpetuem - 1-1.25 scoops per hour (need to mix in transition)

Water - 300-500ml per hour (pick up off the course)

Endurolytes capsules - 1-2 per hour. If it is hot or you are prone to cramping, you may need a higher dosage.

Anti Fatigue capsules - 1 per hour.

Notes

Fluid

Aim for a bottle per hour - this is for most people 5 BIG swallows every 15mins. Add 1 Endurolytes Fizz tablet to each 750ml bottle or if not using Fizz, increase Endurolytes to 2-3 per hour.

- If you start to feel nauseous this usually means you have consumed too many calories. Reduce or stop your fuel intake for a while until you feel ok (but keep your fluid intake going). Sometimes incorrect fluid intake can also make you feel unwell so check and see if you are about on target.
- Cramping - assuming that you are riding at a level appropriate for which you have trained, check fluid intake. Too much or too little can cause cramping. Take a couple of Endurolytes. You can increase Endurolytes up to 6 per hour if necessary.
- If conditions are warm, you may find you need less calories and more fluid. If you feel scratchy, chances are you are due to eat, drink or take an Endurolyte.

Post ride/training, take two scoops of **Recoverite** in a bottle of water.

This is a basic plan and you need to test it in training. Don't be afraid to deviate a bit from these recommendations if necessary, but we would caution about increasing your caloric intake much above what we have suggested.

Perpetuem Mixing Instructions

We suggest that you mix your Perpetuem into a pancake batter consistency and carry it in flasks so that your bottles are free for fluids. To make a two hour flask, put 3 scoops of Perpetuem into a dry bottle, then fill a Hammer flask to the 3 serving mark with water. Add this water to the bottle containing the Perpetuem, put the lid on and shake vigorously. Pour the mixture back into the flasks. If the weather is going to be hot, make it the night before and freeze it.

Should you require assistance with your nutrition plan, please don't hesitate to call, or email us at info@hammergel.co.nz.