

Triathlon Nutrition



Agenda

- Daily eating
- Training nutrition
- Race day
- Q&A



Daily Eating

- Start working on this sooner than later!
- What you do 80% of the time dictates your metabolism
 - at rest
 - during exercise
- How your body uses fuel impacts your body composition, weight, training, recovery, and race day capabilities



Daily Eating

Fuel Storage Capacity	
glycogen	up to 2,000kcal
fat	100,000+ kcal

goal is to maximize your ability to use more of the fat stored on your body



Daily Eating

Keep blood sugar stable!



Stable

Every Meal & Every Snack

- protein + fat + fiber
- balance your protein and carbs (use hand to measure)

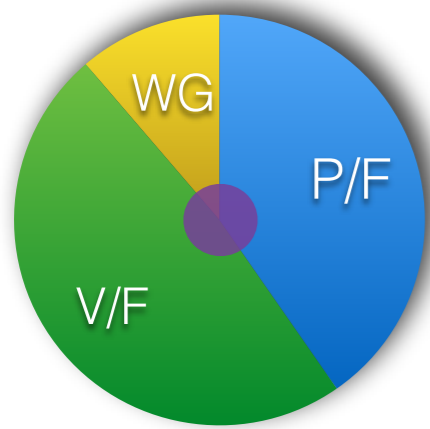


Training

- Know the goal of the workout - use nutrition to support the goal during and around.
- Rule of Thumb: Less than 2 hours aerobic: no fuel (no calories); Less than 45min high intensity: no fuel
- Rehydration post workout is really important



Taper Time



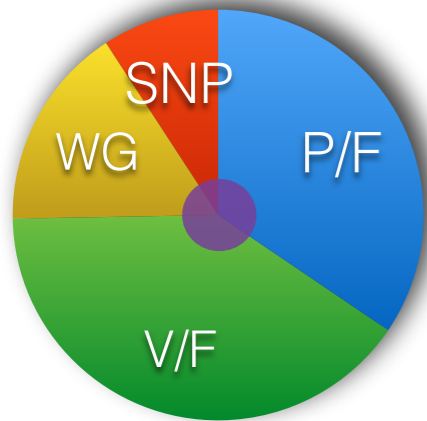
- no sports nutrition products
- carbs reduce based on energy expenditure
- regular daily hydration continues
- keep micronutrients high (veg)
- be cautious of “misses” during this time



Race Week

What changes? Not a lot!

1 Day Before Race - carb bump



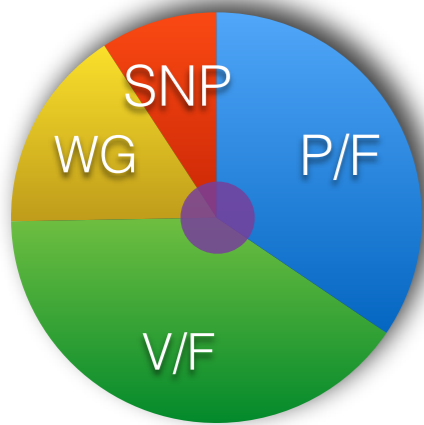
- breakfast: stick to your routine - add fruit or toast
- lunch: add fruit or whole grains
- dinner: add whole grains and/or sweet potato, keep protein consistent, side salad
- fiber: if fiber doesn't agree with you on race day cut back on veg the day before
- regular daily hydration
- post-dinner sodium load (practice this!)



Race Day

Race Day Breakfast

start practicing now!



- Plan A: about 400 - 1,000kcal with enough protein (at least 20g) and fat.
- Plan B: liquid breakfast - protein shake

1.5 - 3 hours before race start



Race Day Plan

Pre-Race

- **WARM UP:** allows your body to more easily transition to fat burning
- **FUEL:** Eat practiced breakfast upon waking. Have a fuel dosing about 30 min before the swim.
- **HYDRATION:** Pre-race sodium load

Transition 1

- **FUEL & HYDRATION:** don't do it in transitions

Bike

- **FUEL:** follow your plan, try not to exceed 200kcal/hr
- **HYDRATION:** water & electrolytes to thirst



Race Day Plan

Transition 2

- **FUEL & HYDRATION:** don't do it in transitions BUT take it with you

Run

- **FUEL:** follow plan, try not to exceed 120kcal/hr
- **HYDRATION:** water & electrolytes to thirst, monitor sodium intake
- **AID STATIONS:** know what you want before you get there; don't go rouge until last 5 miles
- **COOLING:** stay cool any way possible, hat, visor, sun glasses, ice down shorts, water on head, ice in mouth

the perception of cool is key!

Post-Race

- **RECOVER:** food, protein shake, something within 30 min. The sooner the better!
- **RE-HYDRATE:** high sodium content liquid
- Do these so you can feel good enough to CELEBRATE!



Hydration vs Fuel

Hydration

to help maintain total body water & normal blood plasma volumes

water

electrolytes (sodium most important)

300mg-1000+mg Na/hr. Find out your specific concentration to dial-in your plan.

fluid (solution with electrolytes)

monitor during race:

fingers swelling = more sodium, less plain water
sweat rate < baseline = more sodium + water

MOST IMPORTANT

Show up to race day in a well hydrated state!

daily: drink ~ 1/2 body mass in ounces;
sip often, all day

best to keep these separate

Fuel

to provide exogenous energy while training or racing

energy = calories

comes in many forms

MOST IMPORTANT

try not to exceed
120-200kcal/hr = 30-50g CHO/hr

practice what the plan is!!



Race Day Plan

MOST IMPORTANT:

LISTEN TO YOUR BODY!



Another Tip for Race Day



Don't Race with NSAIDs

(non-steroidal anti-inflammatory drugs)

generic names: aspirin, naproxen, ibuprofen

- dangerous for regular use: gut & kidney issues
- dependency means diet is deficient of healthy fat
- **RACING: increase likelihood of GI distress**



Questions

