

## 70.3 Worlds Nutrition Report

### Breakfast:

5:00am EFS Bar & 8 oz Gatorade (I know, should be EFS... Soon!)

5:30am Warm-up jog

5:40am Banana & 8 oz Gatorade with 1 scoop Pre-Race

6:15am Warm-up swim

6:40am  $\frac{3}{4}$  EFS Shot, 8oz water

6:53am Race Start

Approx 900 calories, 24 oz fluid (450 calories/hour and 12 oz/hour)

### Race Nutrition:

2 water bottles on bike:

#1 21 oz with 1 EFS shot mixed in

#2 16 oz with 1 EFS shot mixed in

I used the more concentrated bottle first, then used the less concentrated bottle for the second half.

Finished last drink with .1 miles to go!

Set watch timer for 5:30 and took a drink everytime it sounded, thirsty or not!

Approx 800 calories, 37 oz fluid (400 calories/hour and 18 oz/hour)

### Run Nutrition:

Approx 2-4 oz Water every aid station (approx every mile)

Powergel on course every third station through mile 9

Approx 330 calories, 24-48 oz fluid (300 calories/hour and 30 oz/hour)

I had no GI issues and minimal muscle cramping throughout the race. In looking at the day, I had a steady rate of energy and fluid intake throughout the day. My calories gradually decreased and the fluid intake followed the opposite pattern as the race went on. The regular rate of fueling from beginning to end gave my body a steady stream of fuel and allowed me to function optimally throughout the race. I'm looking forward to examining my training nutrition over the next few months and see where I can improve. I hope you find this helpful!