



## Train the Way You Race - Fuelling for Long Rides and Runs

Nutrition Works is proud to sponsoring Sunsmart Ironman 70.3 Busselton and our team of Accredited Sports Dietitians will be providing expert nutrition tips leading up to the big day in May.

At our practice, we focus on practical and realistic nutrition strategies  
**we're constantly trying out  
new ways to keep fuelled.**

We want to ensure not only are you fuelling your body and brain during training sessions, so you can maintain good energy levels and stick to your training program, but also establish a solid nutrition routine so come race day, it's second nature on what to fuel with, when to fuel and how much.

Here are some basic guidelines. Remember – there are many ways to fuel, your nutrition plan may be very different to your training partner, as long as you can finish sessions strong and feel comfortable, it's all good!

### Training Rides >90 minutes

- Fuel beforehand, no excuses. Anything that contains carbohydrates (CHO) is beneficial.
- Aim for high nutrient carbs such as fresh fruit, yoghurt, smoothie, toast or oats.
- Plan ahead. Factor in getting lost on the ride, hot conditions, headwinds slowing down the return trip, etc.. PACK A BACK UP SNACK (or have \$ with you for a café/petrol station stop!)
- Aim for a minimum of 30g CHO per hour and approx. one bidon of fluid per hour. Most athletes require 60g CHO/hr and high level athletes can aim for 90g (however this requires the right mix of glucose and fructose, a Sports Dietitian can assist with this).
- A 750ml bidon of sports drink will provide ~45g CHO, plus necessary fluids and electrolytes.
- Food items that provide 20-30g CHO include gels, white bread sandwiches, fruit filled bars and Turkish delight. Remember gels are pretty much essential on the run so having something different on the bike can reduce the risk of gelly belly and flavour fatigue.

### Training Runs >90 minutes

- While the guidelines are the same, fuelling and drinking on the long runs isn't so simple.
- Practise drinking, even it's only small amounts, get your gut used to tolerating fluids.
- Get a routine in place – aim to have a sip of fluids every km, or (to mimic aid stations) every 2km.
- Use a fuel belt or a camel bak, run laps with fluids left in your car, or run along paths with frequent water fountains.
- Remember, Busso 70.3 in 2017 was HOT (27°C), being able to tolerate extra fluids will assist performance (and enjoyment!) of the run leg
- Sports drink, gels and lollies are the best options for CHO on the run.

Happy training everyone, we look forward to seeing you out there!