

# FUELING A 70.3 IM TRIATHLON



THIS NUTRITION PLAN IS BASED ON A **5H TO 6H RACE**

## RACE DAY -3<sup>d</sup> & -2<sup>d</sup>

700g to 800g carbs

Min. 2 Liter fluids



Include a (low-fiber) carb source such as cereal, bread, pasta, rice... with every meal. Incorporate 3 high carb snacks in your meal plan such as the **6d ENERGY CAKE\***. Hydrate with drinks that provide both carbohydrates and electrolytes such as the **6d ENERGY SPORTS DRINK**.

## PRE-RACE MEAL -3<sup>H</sup>

200g to 300g carbs

500-750 ml fluids



Stick to foods you are used to eat. Focus on (low-fiber) high carb foods such as cereal, bread, jam, pancakes, pasta, rice... Incorporate liquid carbohydrates such as the **6d ENERGY SPORTS DRINK** when you have difficulties eating enough carbohydrates. Take one **6d NITRATE SHOT** immediately after this meal.

## BEFORE

ONLY IF HUNGRY

MAX 5 PER DAY

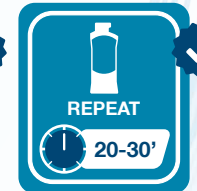


## RACE



**±60-90G CARBS/H**  
+MIN. 350MG SODIUM

Eat **BARS** during the earlier phase of the race, use **GELS** in the later stages as eating becomes more difficult. Use **BARS / GELS** high in sodium if you are a salty sweater!

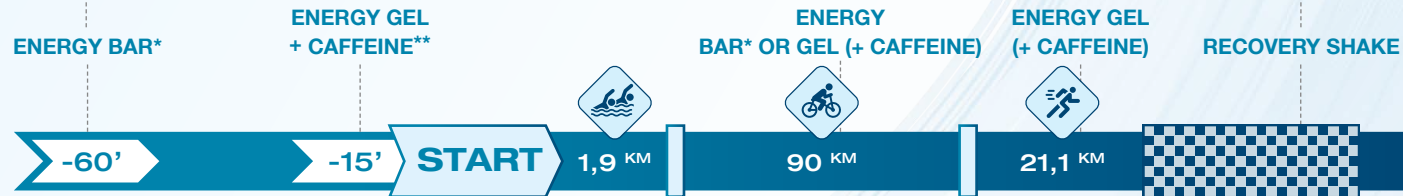


## AFTER



WITHIN 30'

DRINK ≥ 150 ML WATER AFTER INGESTING EACH GEL OR BAR FOR OPTIMAL ABSORPTION.



Drink 500ml **6d HYDRO/ORS**, or what you can tolerate, in the final hour before the race.  
- normal weather: 1 stickpack / 500ml (HYDRO)  
- hot & humid weather: 2 stickpacks / 500ml (ORS)



Drink 1,5l **6d ISOTONIC SPORTS DRINK** (150-200ml every 15-20 min) during the bike session. This drink will provide energy, electrolytes and fluids. Drink extra water as needed during the bike session and at every aid station during the run to avoid > 2-3% dehydration. When it's hot and humid consider carrying 2 soft flasks of 250ml water with 1 stickpack **6d HYDRO/ORS** during the run.



### OPTIMIZE YOUR RECOVERY!

Consume 1 serving of **6d NIGHT PROTEIN** 30 minutes before bedtime on race day and race day +1d to aid recovery while sleeping!



### TRAIN THE GUT !

Never try a new nutrition plan for the first time during your race! In the final weeks leading up to the race, pick one longer training session per week, and practice your race nutrition plan to make sure your stomach and intestines are accustomed to your race day nutrition plan!

(\* = Apart from the suggested product, you are free to replace this product with another high carb snack such as the 6d Energy Fruit, 6d Energy Nougat or other products from the 6d bars & bites range)

(\*\* = If you prefer not to use caffeine, you can use the regular 6d Energy gel.)

There are multiple ways to fuel your 70,3 Iron Man triathlon, this is just one example. Contact [info@6dsportsnutrition.com](mailto:info@6dsportsnutrition.com) for additional questions.