IRONMAN 70.3 GREECE NUTRITION GUIDE

A quick guide to fueling & hydrating your next IM 70.3
Eat one of these 60 min before you start

Especially if you didn’t wake up early enough to have a full breakfast!
Eat one of these 5 min before you start!

Top off your tank before the gun (wash down with a few sips of water!)
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What your body needs every hour!

CALORIES

150-250 per hour

Eat one GU Energy Gel every 45 minutes
What your body needs every hour!

**FLUIDS**

400-800 ml per hour

Hydration Tabs or Energy Drink + Water

One small cup (on the run) has about 100 ml of water
GOAL FINISH TIME
BIKE 2:30

4 x Gel

2-3 x bottles
500 ml of fluids per bottle
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GOAL FINISH TIME
BIKE 2:30-3:00

5 x Gel

3 x bottles
500 ml of fluids per bottle
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GOAL FINISH TIME
BIKE 3:00-4:00

5-6 x Gel

4-5 x bottles
500 ml of fluids per bottle
GOAL FINISH TIME
BIKE 4:00+

6 x Gel

5-6 x bottles
500 ml of fluids per bottle
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GOAL FINISH TIME
RUN 1:30

2 x Gel

7-8 cups
100 ml of fluids per cup
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GOAL FINISH TIME
RUN 1:30-2:30

3 x Gel

10-12 cups
100 ml of water per cup
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GOAL FINISH TIME
RUN 2:30-3:30

4 x Gel

15 cups
100 ml of water per cup
Want to mix it up with the GU YOU CAN EAT? (available on course)
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Want to mix it up with the GU YOU CAN CHEW?
(not available on course)
CONGRATULATIONS
you are an
IRONMAN!

Rebuild, Refuel, Rehydrate
your body with

ROCTANE PROTEIN
RECOVERY DRINK

within 30 minutes
after the finish
Yes! Treat yourself!