



How to Fuel for Your Triathlon

Before: Be sure to eat a good breakfast 2-2.5 hours before your race.
About 30 min before, good to have a gel or other fuel source along with water

After: Within 30 minutes of finishing, consume about 200-250 calories of something with a 4:1 carbs to protein ratio

Basic Guidelines During Your Event:

- Unless over 90 minutes, water is fine
- Calories you consume should be based on current weight
- Drink water every 10-15 minutes to keep hydrated
- Plan your nutrition so that you consume the correct calories per hour

PRACTICE in training what you plan to do on race day:

- Volume
- Product
- Timing
- Transportation

If you need more guidance on what YOU should be consuming on race day, please feel free to contact me. Together, we can help you #beabetterathlete

Train Right, Tri Right,

Coach MJ