

# IRONMAN NUTRITION & PACING

## PRE-RACE NUTRITION:

EAT NORMALLY, HYDRATE NORMALLY (DRINKING EXTRA JUST MEANS GOING TO THE BATHROOM A LOT MORE!), 3 DAYS PRIOR TO THE RACE SWITCH TO A LOW-FIBER DIET, THE DAY BEFORE EAT SMALL FREQUENT MEALS, RACE MORNING GET IN 400-500 CALORIES 3-4HOURS BEFORE THE START (2.5 IS OK IF IT'S LOW IN FAT)

## RACE:

DRINK 10-16OZ OF A DILUTED SPORTS DRINK, WHATEVER YOU'RE USED TO BEFORE A WORKOUT WITHIN ABOUT 15 MINUTES OF THE START. NOTHING ELSE UNTIL 10-15 MIN AFTER YOU'RE ON THE BIKE---ONLY WATER FOR THE FIRST 20 MIN AND THEN START WITH CALORIES. YOU WILL BE BEHIND ON CALORIES FROM THE SWIM SO BE SURE TO GET STARTED GETTING THEM IN EVEN IF YOU DON'T FEEL LIKE EATING! TRY TO GET IN 200-350 CALORIES AN HOUR IF YOU CAN HANDLE IT, DON'T STOP GETTING IN THE NUTRITION—REMEMBER THOSE ELECTROLYTES TOO, TAKE MORE IF IT'S HOTTER. **IF YOU'RE BLOATING ON THE RUN & ARE PEEING GO TO SPORTS DRINK/COLA; BLOATING & NO PEEING TAKE MORE ELECTROLYTES SLOW DOWN AND GO TO WATER ONLY.**

**IT IS HELPFUL TO WRITE DOWN WHAT YOU'RE GOING TO EAT/DRINK AND HOW MUCH FOR EVERY STAGE DURING THE RACE. TAKE THE TIME TO PLAN IT, IF YOU WANT HELP LET ME KNOW AND WE CAN GO OVER IT. NUTRITION CAN MAKE OR BREAK YOUR RACE.**

ON THE SWIM DON'T GO TOO HARD —PACE YOURSELF.

DON'T GET TOO EXCITED AND START TOO HARD ON THE BIKE, CONTROL YOUR EFFORT AND JUST GET COMFORTABLE. STAY IN ZONE 2-3 AT ALL TIMES DURING THE BIKE. THE FIRST 60 MILES ARE JUST TO BE COMFORTABLE, GET YOUR NUTRITION & HYDRATION IN RHYTHM—STEADY EFFORT. MILES 61-112 MAINTAIN YOUR STEADY EFFORT, YOU MAY START TO FEEL TIRED BUT TRY TO STAY FOCUSED ON MAINTAINING YOUR PACE, HYDRATION & NUTRITION. AVOID HARD INTENSITY (NO ZONE 5!!!) ON THE BIKE, IT WILL COME BACK TO BITE YOU IN THE RUN !!

ON THE RUN, REMEMBER TO START SLOW AND BUILD YOUR SPEED AS YOUR “LAND” LEGS COME BACK TO YOU. RUN TO EACH AID STATION, WALK THROUGH (BRISKLY IF POSSIBLE) AND THEN BACK TO RUNNING. REMEMBER TO KEEP HYDRATED AND GET THOSE CALORIES IN. HR ZONE IN 2 MOST OF THE TIME-- DO NOT GO INTO ZONE 4!!

AT SOME POINT IN THE DAY, YOU ARE PROBABLY NOT GOING TO BE FEELING VERY GOOD, THAT'S NORMAL. REMEMBER WHY YOU'RE DOING THIS AND ALL THE PEOPLE IN YOUR LIFE THAT HAVE MADE IT POSSIBLE FOR YOU TO BE OUT THERE, HAVE A WAY TO BUILD YOUR SELF UP WHEN YOU ARE GETTING MENTALLY FATIGUED. BE PREPARED FOR THESE LOW POINTS AND THEY WILL PASS QUICKLY. SOME ATHLETES CARRY PICTURES OR HAVE THEIR FAMILY WRITE MESSAGES ON THE BACK OF THEIR BIB (THEN ON THE RUN YOU CAN FLIP IT UP AND READ THEM!)

YOU ARE INCREDIBLY TOUGH AND YOU EARNED THIS DAY! IF YOUR TIME GOALS TAKE A HIT DON'T TRY TO CATCH UP THEY'RE BASED ON AN ALMOST PERFECT DAY, TAKE WHAT THE DAY GIVES YOU AND ENJOY IT!