

Ironman Florida Nutrition Plan

Event	Time	Elapsed Hours	Type of Intake	Fluid Intake in Ozs.	Accum. Fluids Intake	Caloric Intake	Calories Per Hour	Accum. Caloric Intake	Carbs in Grams	Protein in Grams	Sodium in mG's	accum. Sodium	Sodium Per Hour
Wake Up	4:00 AM												
Breakfast	4:00 AM		Pop Tart - Strawberry Iced	0	0	200		0	37	2	170	170	
			Hard-boiled Egg	0	0	211		211	2	17	169	339	
			PowerBar Recovery Drink Choc	11	11	250		461	40	13	220	559	
			Yogurt (small Aptiva)	0	11	110		571	19	5	70	629	
			Coffee 1/2 cup	4	15	0		571	0	0	0	629	
Pre-Swim	6:30 AM		Water 12 oz.	12	27	0		571	0	0	0	629	
			Ginger Tablet (x2)	0	27	0		571	0	0	0	629	
			PowerGel - Vanilla	0	27	110	881	681	27	0	200	829	
START OF RACE	7:00 AM	0:00	START OF RACE		27			681				829	829
Swim First 1/2	7:00 AM			0	27	0		681	0	0	0	829	
Swim-midpoint	7:45 AM	:45	PowerGel	0	27	110		791	27	0	200	1029	
			Cup Water	4	31	0		791	0	0	0	1029	
Swim 2nd 1/2	7:45 AM	1:30		0	31	0		791	0	0	0	1029	
T1	8:30 AM	1:45	Water/Nuun (1 tablet in 24oz) 12	12	43	0		791	0	0	180	1209	
			1 Lg or 2 square Fig Newtons	0	43	110		901	22	1	125	1334	
			Tums	0	43	0	220	901	0	0	0	1334	505
Bike Hour 1	8:45 AM	1:45	PowerGel	0	43	110		1011	27	0	200	1534	
			Water/Nuun (1 tablet in 24oz) 12	12	55	0		1011	0	0	180	1714	
			PowerBar Drink 12oz.	12	67	105		1116	25	0	285	1999	
			Crackers/Peanut Butter	0	67	190	405	1306	7	8	150	2149	815
Bike Hour 2	9:45 AM	2:45	PowerGel	0	67	110		1416	27	0	200	2349	
			Water/Nuun (1 tablet in 24oz) 12	12	79	0		1416	0	0	180	2529	
			PowerBar Drink 12oz.	12	91	105		1521	25	0	240	2769	
			1/2 banana	0	91	60		1581	15	0	1	2770	
			Pretzels	0	91	123	398	1704	24	3	290	3060	911
Bike Hour 3	10:45 AM	3:45	PowerGel	0	91	110		1814	27	0	200	3260	
			Water/Nuun (1 tablet in 24oz) 12	12	103	0		1814	0	0	180	3440	
			PowerBar Drink 12oz.	12	115	105		1919	25	0	240	3680	

			Crackers/Peanut Butter	0	115	190	405	2109	7	8	150	3830	770
Bike Hour 4	11:45 AM	4:45	PowerGel	0	115	110		2219	27	0	200	4030	
			Water/Nuun (1 tablet in 24oz) 12	12	127	0		2219	0	0	180	4210	
			PowerBar Drink 12oz.	12	139	106		2325	15	0	240	4450	
			1 Lg or 2 square Fig Newtons	0	139	110	326	2435	22	1	125	4575	745
Bike Hour 5	12:45 PM	5:45	PowerGel	0	139	110		2545	27	0	200	4775	
			Water/Nuun (1 tablet in 24oz) 12	12	151	0		2545	0	0	180	4955	
			PowerBar Drink 12oz.	12	163	106		2651	15	0	240	5195	
			Pretzels	0	163	120	336	2771	24	3	290	5485	910
Bike Hour 6	1:45 PM	6:45	PowerGel Caffeine	0	163	110		2881	27	0	200	5685	
			Water/Nuun (1 tablet in 24oz) 12	12	175	0		2881	0	0	180	5865	
			PowerBar Drink 12oz.	12	187	106		2987	15	0	240	6105	
			Pretzels	0	187	120	336	3107	24	3	290	6395	910
Bike Hour 6.5	1:45 PM	7:45	Power Gel	0	187	110		3217	27	0	200	6595	
			Water/Nuun (1 tablet in 24oz) 12	12	199	0		3217	0	0	180	6775	
			PowerBar Drink 12oz.	12	211	106		3323	15	0	240	7015	
			Pretzels	0	211	120	336	3443	24	3	290	7305	910
T2	2:15 PM	9:00	Water/Nuun (1 tablet in 24oz) 12	12	223	0		3443	0	0	180	7485	
			Tums	0	223	0		3443	0	0	0	7485	
			Crackers/Peanut Butter	0	223	190	190	3633	7	8	150	7635	330
Run Hour 1	2:30 PM	9:00	Water 4 oz.	0	223	0		3633	0	0	0	7635	
			Enduralytes 3x	0	223	0		3633	0	0	120	7755	
			Gatorade	8	231	50		3683	14	0	110	7865	
			1 Lg or 2 square Fig Newtons	0	231	110	160	3793	22	1	125	7990	355
Run Hour 2	3:30 PM	10:00	Water 4 oz.	0	231	0		3793	0	0	0	7990	
			Enduralytes x3	0	231	0		3793	0	0	120	8110	
			Gatorade	8	239	50		3843	14	0	110	8220	
			Coke	4	243	55		3898	15	0	5	8225	
			Power Gel	0	243	110	215	4008	27	0	200	8425	435
Run Hour 3	4:30 PM	11:00	Water 4 oz.	4	247	0		4008	0	0	0	8425	
			Enduralytes x3	0	247	0		4008	0	0	120	8545	
			Gatorade	4	251	25		4033	7	0	55	8600	
			Coke	4	255	55		4088	15	0	5	8605	
			1/2 banana	0	255	60		4148	15	0	1	8606	
			Power Gel - with caffeine	0	255	110	250	4258	27	0	200	8806	381
Run Hour 4	5:30 PM	12:00	Water 4 oz.	4	259	0		4258	0	0	0	8806	
			Power Gel	0	259	110		4368	27	0	200	9006	

			Enduralytes x3	0	259	0		4368	0	0	120	9126	
			Gatorade	4	263	25		4393	7	0	55	9181	
			Coke	4	267	55	190	4448	15	0	5	9186	380
Run Hour 5	6:30 PM	13:00	Water 4 oz.	4	271	0		4448	0	0	0	9186	
			Power Gel - with caffeine	0	271	110		4558	27	0	200	9386	
			Enduralytes x3	0	271	0		4558	0	0	120	9506	
			Gatorade	4	275	25		4583	7	0	55	9561	
			Coke	4	279	55	190	4638	15	0	5	9566	380
run Hour 5 Plus	7:30 PM	13:45	Water 4 oz.	4	283	0		4638	0	0	0	9566	
			Gatorade	4	287	25		4663	7	0	55	9621	
			Coke	4	291	55	80	4718	15	0	5	9626	60

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Sodium (carbonates)	360.0
Potassium (bicarbonate)	100.0
Calcium (carbonate)	12.5
Magnesium (sulfate)	25.0
Vitamin C	37.5
Vitamin B2	500mcg

400 mg sodium per hour is rough goal