



**“FUEL RIGHT
FEEL GREAT”**

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Nutrition for TRIATHLON



Getting your nutrition correct for a Triathlon is just as important as any other part of your training. You train too hard, invest a lot of time and money, **so let's not waste it all.**

We have broken it down into 5 categories to make it as simple as possible and less daunting.

Think 5 Things



Nutrition Choices

Your nutrition needs to be clean as possible. Eliminate the things which your body does not need and could potentially harm your performance. Ingredients such as simple sugars (any ingredient ending in “ose”, fructose, dextrose, etc) preservatives, colorings, etc.

only use liquid fuels (solids will NOT digest)



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Calories / KJ

30 + years of knowledge and successfully working with thousands of endurance athletes around the world has taught us to limit Calorie intake 120 – 180 / hour (502 – 753kj). [Learn why...](#)

Electrolytes

Electrolytes are to the body as like “oil is to car”, they don’t make the engine run, but they’re necessary to keep everything running smoothly. Proper functioning of the digestive, nervous, cardiac, and muscular systems depends on adequate electrolyte levels. Electrolytes need to be consistently consumed (hourly). [Learn more...](#)

Hammer has 2 ways of providing Electrolytes, Endurolytes or Endurolytes FIZZ. Both are formulated to provide an excellent cross section of Electrolytes. Salt Tablets only contain sodium and Potassium; you will need a full cross section of Electrolytes (Vitamin B6, Calcium, Magnesium, Manganese, Chloride, Sodium, Potassium, and Tyrosine).

Many variables - body weight, level of fitness, weather conditions, acclimatization level, and biological predisposition come into play to optimize one’s personal electrolyte requirements. It is vital that you experiment with a dosage that is suitable to you.



Hydration

Consume between 590-750 ml per hour. Conditions and body weight may slightly alter these amounts. Always keep hydration separate from Nutrition. Consuming a bottle mixed for both (hydration/calories) often leads to the over consumption of calories.

Practice

Once you have a plan it needs to be rehearsed and refined, preferable over 2-3 months. Consuming nutrition during a Triathlon on an hourly basis is not a given. The biggest mistake is often made when the athlete forgets for 2-3 hours and then consumes large amounts in one hit to make up for it. Practice, practice, practice.....

[Know the 10 biggest mistakes endurance athletes make...](#)



TRIATHLON NUTRITION PLAN

If you will be racing for longer than 1.30 to 2 hours you will need to use nutrition Triathlon Olympic Triathlon plan.

- no solids at least 3 hour prior to the race
- 5-10 minutes before the start consume 1 Hammer Gel with approx 150ml water
- use 1 FIZZ in your water bottle.
- after the first 10-15 minutes (once you have settled into a rhythm) consume another Hammer Gel
- last 10-15 minutes of bike take another Hammer Gel
- last 20 minutes of run take 1 last Hammer Gel (Espresso is good 50mg Caffeine)



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