

FUELING A SPRINT TRIATHLON



THIS NUTRITION PLAN IS BASED
ON A ± 1,5H RACE

RACE DAY -3^d & -2^d

500g to 600g carbs

Min. 2 Liter fluids



Include a (low-fiber) carb source such as cereal, bread, pasta, rice... with every meal. Incorporate 3 high carb snacks in your meal plan such as the **6d ENERGY CAKE***. Hydrate with drinks that provide both carbohydrates and electrolytes such as the **6d ENERGY SPORTS DRINK**.

PRE-RACE MEAL -3^H

150g to 200g carbs

500-750 ml fluids



Stick to foods you are used to eat. Focus on (low-fiber) high carb foods such as cereal, bread, jam, pancakes, pasta, rice... Incorporate liquid carbohydrates such as the **6d ENERGY SPORTS DRINK** when you have difficulties eating enough carbohydrates. Take one **6d NITRATE SHOT** immediately after this meal.



(*= Apart from the suggested product, you are free to replace this product with another high carb snack such as the 6d Energy Fruit, 6d Energy Nougat or other products from the 6d bars & bites range)

(**= If you prefer not to use caffeine, you can use the regular 6d Isogel.)

There are multiple ways to fuel your sprint triathlon, this is just one example. Contact info@6dsportsnutrition.com for additional questions.