



HIGH5

YOUR ADVANCED NUTRITION GUIDE



Getting your nutrition right can make all the difference to getting across the finish line and having an enjoyable race. HIGH5 is the on course sports nutrition at the Outlaw Half Nottingham, so here's a guide to help you plan your nutrition strategy for the race.

Fuel for the Outlaw Half

Carbohydrate is your high-energy fuel for endurance events. It will help you go faster and further. Unfortunately, you only have a limited amount stored in your body and it's depleted after less than two hours of swimming, cycling or running. Carbohydrate re-fuelling will substantially extend your endurance by providing the extra energy you need. You'll enjoy your event more and feel stronger, particularly later on. You can consume energy bars, gels and drinks for carbohydrate.

Staying hydrated

You lose fluids and electrolytes when you sweat. If you don't replace these, then you become dehydrated which can really affect your performance. Sport drinks contain electrolytes to enhance the absorption of water and help you re-hydrate.

Good to know

These guidelines are based on the latest science and real world feedback from thousands of athletes to help you perform better and enjoy your race more. Research shows that by simply following these guidelines on the day of an event, athletes were able to maintain their pace 26% longer¹. This was compared to their existing brand of nutrition consumed as normal².

BREAKFAST

An ideal pre-race breakfast is light and high in carbohydrates with a little bit of protein too. Porridge, toast and rice pudding are good options for carbohydrate. A poached egg or omelette would be a good source of protein.

BEFORE THE SWIM

Take two Energy Gel sachets with 200-300ml water or ZERO around 15 minutes before the start. This is your fuel for the swim.

CAFFEINE

Caffeine gives you both a physical and mental boost. When taking part in tough sport events like a long distance triathlon, it helps to increase your endurance performance and capacity. This means you can go faster than before without any extra training!

The scientific research has shown an effective dose is 3mg caffeine per kg bodyweight for increased endurance performance. Below you can see how much caffeine³ you need to take depending on your body weight and an example of what you could take to get there.

Bodyweight	Amount & source of caffeine
50kg	150mg 550ml Energy Drink Caffeine Hit
60kg	180mg 650ml Energy Drink Caffeine Hit
70kg	210mg 750ml Energy Drink Caffeine Hit
80kg	240mg 500ml Energy Drink Caffeine Hit + 1x Energy Gel Aqua Caffeine Hit
90kg	270mg 750ml Energy Drink Caffeine Hit + 2x Gel Caffeine)

In a middle distance event, the pro tip from #HIGH5fuelled Triathlete Lucy Gossage is to take caffeine at the start of the bike leg so that you can benefit from it for the rest of the race.

Your body removes caffeine from your bloodstream over time. Once you have loaded up with caffeine, you should top up with 30mg every hour. Energy Gel Caffeine contains exactly 30mg caffeine per sachet.

DRINKING ON THE BIKE

A middle distance triathlon is often won or lost in terms of nutrition during the ride. Start to drink and eat as soon as you have settled down into your rhythm after transition to keep your stores topped up. You might not feel it straight away but it will make a difference later on. How much you can drink on the bike often depends on the weather conditions. In warm or hot conditions, the scientific 2:1 fructose and electrolyte formulation in Energy Drink means that you can drink up to one litre per hour. This will provide fluids, electrolytes and carbohydrate for hydration and energy. If the weather is cool and you drink less, your carbohydrate intake will be less and you will

need to boost it with gel or bars. If you drink the following amounts of Energy Drink each hour, you can take the number of gels or bars show.



800ml Energy Drink or more:

No gel

750ml Energy Drink:

1 x gel sachet or 1/2x Energy Bar per hour

400ml Energy Drink:

2 x gel sachets or 1x Energy Bar per hour

DURING THE RUN

When running, it's easiest to get your carbohydrate from gel. You can take up to three sachets of Energy Gel per hour. This will give you around 60g of carbohydrate per hour. If you have caffeine loaded, then one gel should be the Caffeine variant to keep you in the caffeine performance zone. Any remaining gel should be standard gel with no caffeine.

To stay hydrated, drink water or ZERO. If you drink coke, then you should reduce your gel intake by one for every 400ml that you drink, starting with the caffeine gel. In hot conditions you might also want to take some salt tablets as these are easy to carry and gels do not contain a high level of electrolytes.

WHEN YOU FINISH

When we exercise our muscles become energy depleted and break down. In a tough triathlon, you really push your body to the limit so expect soreness and stiffness afterwards. Consuming protein and carbohydrate afterwards help to replenish your muscle energy stores and kick start the repair and recovery process.

Drink 400ml Recovery Drink as soon as you finish. This contains a unique blend of whey protein isolate and carbohydrate. It gives you the time to have a shower and relax a bit before eating a balanced meal one to two hours later.

AVAILABLE ON COURSE



ENERGY DRINK

- 2:1 Fructose and electrolyte sports drink
- For endurance performance and hydration

ZERO

- Zero sugar electrolyte sports drink
- For hydration

ENERGY GEL

- Use for an instant energy boost
- Real fruit juice for a light refreshing taste

FOR MORE INFORMATION AND TO DISCOVER OUR RANGE, VISIT WWW.HIGHFIVE.CO.UK