

To take to the transit zone:

T1 (right on the bike) - 3 SiS Isotonic gels + 2 SiS Go Gels with Electrolytes.
2 bottles of SiS Go Electrolyte Drink. SiS Go Energy Bar (open the package!)

T2 (RUN bag) - SiS Isotonic gels + SiS Go Gels with Electrolytes + SiS Go Gels with Caffein.
You may need a running bag to put Gels in or just put all gels right under your race suit when leaving T2

Triathlon	48 hours before	2-2.5 hours before	1 hour before	swim	bike course	run	right after the finish	2-3 hours after	before going to bed after
IRONSTAR 113	Slow carbohydrates (rice, pasta, cereals), low fat protein food (white fish, chicken breast, turkey) SiS Go Energy Drink + SiS Go Energy Bar	A mug of hot water + medium to small portion of porridge, pasta with no sauce, toasts with jam or honey. No coffee or tea are strongly recommended	SiS Go Electrolyte Drink 150-200ml + SiS Go Energy Bar	no	SiS Go Isotonic Gel in 2-3km after the start of the bike course. Then every 20-30 minutes to take SiS Go Isotonic Gel or SiS Go Electrolyte Gel. Last Gel on the bike course should be taken approx 5-10 minutes before entering transition zone T2 (on 83-86th km). Additionally you can chew one or half of SiS Go Energy Bar by small bites after passing mid distance on the bike (to open the package before the race). Drink 1-2 swallows every 10 min - SiS Go Electrolyte Drink (0,5-0,8 l/hour)	SiS Go Isotonic Gel on 4th km after the start of the running course, SiS Go Gel + Electrolyte - on 9th km, SiS Go Gel + Caffein - on 15th km. At every refuel station to drink 1-2 swallows of water or isotonic drink. After 14-15 km to start drinking Cola to reboot before finish line.	SiS REGO Rapid Recovery Drink/Whey 20/REGO Protein Bar + water, isotonic drink, Cola up to 1 l. Eat well carbohydrates, protein food, fruits, vegetables + some beer	SiS Go Electrolyte Drink or water 1-1,5 l	SiS REGO Rapid Recovery Drink/Whey 20/REGO Protein Bar

Questions at any time

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