



Triathlon Training

With PacificHealth Labs Nutrition

Nutrition has a big impact on performance in swim, bike, and run workouts. Taking in the right nutrition before and during your triathlon training sessions will enable you to go faster and farther, while taking in the right nutrition afterward will enable you to perform better in the next workout.

So what is the right nutrition? Carbohydrate is the body's most limited muscle fuel. Taking in carbs before and after workouts supplies the muscles with extra fuel and boosts performance. But protein is also important. The longer you work out, the more your muscles break down their own proteins for fuel. This results in muscle damage and soreness. Taking in protein in the right amount with your carbs spares your muscle proteins, increases endurance, and reduces muscle damage.

Why PacificHealth Labs?

PacificHealth Labs nutrition products are formulated to provide the right energy before, during, and after workouts:



Accelerade/Hydro

Accel Gel

Endurox R4

<p>The only sports drink with carbs and protein in a 4:1 ratio. It is proven to rehydrate better than conventional sports drinks. Hydro is a lower calorie version that has 50% fewer calories than Accelerade.</p>	<p>The only sports energy gel that contains carbohydrate and protein in a patented 4:1 ratio. It has been shown to boost endurance and reduce muscle damage during exercise compared to conventional gels.</p>	<p>The only post-workout recovery drink with carbs and protein in a 4:1 ratio. Use it after each workout to rehydrate and replenish and rebuild your muscles.</p>
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Here are some guidelines for using these products in triathlon training:

- ✓ Drink 12 ounces of **Accelerade/Accelerade Hydro** 30 minutes prior to your workout for hydration.
- ✓ During all workouts drink **Accelerade/Accelerade Hydro** or water according to your thirst.
- ✓ Take one **Accel Gel** every 30 to 40 minutes. (Optional) Take one **Accel Gel** immediately before each workout. This will "top off" your body's energy stores and help start your workout strong. It's especially important to do this if you train early in the morning before eating.
- ✓ Drink 8 to 24 ounces of **Endurox R4** within an hour after completing each workout. The longer the workout, the more **Endurox R4** you should drink.

Sample Training Week: Low-mileage			
	Workout	Nutrition	
M	Rest	--	--
T	Swim 45 min	Before:	1 Accel Gel
		During:	12 oz Accelerade/Hydro according to thirst
		After:	12 oz Endurox R4
W	Bike 1 hour	Before:	1 Accel Gel
		During:	12 oz Accelerade/Hydro according to thirst OR 1 Accel Gel at 30 min w/water
		After:	12 oz Endurox R4
T	Run 45 min	Before:	1 Accel Gel
		During:	12 oz Accelerade/Hydro according to thirst
		After:	12 oz Endurox R4
F	Swim 45 min	Before:	1 Accel Gel
		During:	12 oz Accelerade/Hydro according to thirst
		After:	12 oz Endurox R4
S	Bike 1.5 hours	Before:	1 Accel Gel
		During:	12 oz Accelerade/Hydro according to thirst OR 1 Accel Gel every 30-40 min(2 total) w/water
		After:	18 oz Endurox R4
S	Run 1 hour	Before:	12 oz Accelerade/Hydro
		During:	1 Accel Gel at 30 min + Accelerade/water according to thirst
		After:	12 oz Endurox R4

Sample Training Week: High-mileage			
	Workout	Nutrition	
M	Rest	--	--
T	Swim 1 hour	Before:	1 Accel Gel
		During:	12 oz Accelerade/Hydro according to thirst OR 1 Accel Gel at 30 min w/water
		After:	12 oz Endurox R4
	Run 1 hour	Before:	1 Accel Gel
		During:	12 oz Accelerade/Hydro according to thirst OR 1 Accel Gel at 30 min w/water
		After:	12 oz Endurox R4
W	Bike 1 hour	Before:	1 Accel Gel
		During:	12 oz Accelerade/Hydro according to thirst OR 1 Accel Gel at 30 min w/water
		After:	12 oz Endurox R4
T	Swim 1 hour	Before:	1 Accel Gel
		During:	12 oz Accelerade/Hydro according to thirst OR 1 Accel Gel at 30 min w/water
		After:	12 oz Endurox R4
F	Run 1 hour	Before:	1 Accel Gel
		During:	12 oz Accelerade/Hydro according to thirst OR 1 Accel Gel at 30 min w/water

		After:	12 oz Endurox R4
S	Bike 2.5 hours	Before:	1 Accel Gel
		During:	12 oz Accelerade/Hydro according to thirst OR 1 Accel Gel every 30-40 min (3-5 total) w/water
	Swim 1.25 hours	After:	24 oz Endurox R4
		Before:	1 Accel Gel
		During:	12 oz Accelerade/Hydro according to thirst OR 1 Accel Gel every 30-40 min (1-2 total) w/water
		After:	14 oz Endurox R4
S	Run 1.5 hours	Before:	1 Accel Gel
		During:	12 oz Accelerade/Hydro according to thirst OR 1 Accel Gel every 30-40 min (2 total) w/water
		After:	18 oz Endurox R4
	Bike 1 hour	Before:	1 Accel Gel
		During:	12 oz Accelerade/Hydro according to thirst OR 1 Accel Gel at 30 min w/water
		After:	12 oz Endurox R4