



PureSport Usage Protocol: Ironman 70.3 (1.9/90/21)

PureSport Workout replaces lost fluids and electrolytes, restores fuel during exercise for more energy and improved performance. PureSport Recovery used in the build up to your competition aids in maximising glycogen stores in both the muscles and liver. PureSport Recovery must be used in conjunction with a balanced diet to achieve maximum muscle fuel storage.

Each person is different, therefore these individual differences should be taken into consideration and all recommendations should be tested in training before using in a race, so to determine exactly what combination works best for the athlete.

Day		Recommendation
Days 2, 3 & 4 Prior to Race		<p>PureSport Workout consumed pre and during all sessions as per normal.</p> <p>PureSport Recovery (2xScoops in 400-500ml of cool water) after each session, even if it is a light session.</p> <p>If it is hot and humid then additionally consume 1 bottle of Workout (2 Scoops or 2x stick packs) in 750-800ml of cool water during the day. This loads electrolytes which will be lost through heavy sweating.</p>
1 Day Prior	AM	<p>Easy session using 750ml of Workout (2xScoops). Consume 200-300ml prior to starting session.</p> <p>Ideally you should use all race muscle groups to open up the metabolic pathways for taking on glycogen. (see next page)</p> <p>Recovery (2xScoops in 400-500ml of cool water) immediately following this session.</p> <p>Repeat Recovery dose 2hrs after the training session.</p>
	PM	<p>1-2x Workout drinks, each (2xScoops in 750-800mls of cool water). Loading water & electrolytes, while topping up glycogen stores. 2 Drinks are recommended if you normally suffer cramping in the later stages of races.</p>
Race Day	AM	<p>Pre-race meal – Very individual. Should focus on bland foods with carbohydrates. Additionally drink a Recovery drink (2x Scoops in 400-500mls of water) consumed 2-3hrs prior to race start.</p> <p>1x Workout (2-3 Scoops in 750ml of cool water consumed over 80-90mins to be finished 10-15mins prior to race start.</p>

Dosage – Workout 1 Scoop = 12g or 1 stick pack
Recovery 1 Scoop = 35g or 1 stick pack

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ADVANCED HYDRATION WITH PROTEIN



Day	Recommendation
During Race	<p>Workout consumed per hour on the bike will be based on weather conditions. Minimum recommendation is 2-3 Scoops (2-3 stick packs) in 750ml of water per hour. (see concentrate recipe).</p> <p>Recovery can be used as a high caloric fuel (gel replacement). 1x concentrate serve in 100ml of water every 60-90mins on bike, taken with additional water on course. (You must have trained using this prior to racing)</p> <p>Using Workout and Recovery on course may require an adjustment to the strength of the Workout to only 2 scoops per 750ml / hour on the bike.</p> <p>Run – pre mix Workout 2x scoops in 200ml of water to make a concentrate and place in fuel belt bottle. Pre mix Recovery 2x scoop in 200ml of water to make concentrate and place in another fuel belt bottle. Alternating from Recovery to Workout, Consume 50-100ml every 15-20mins on run along with at least 100ml of water from aid station. Freezing these the night before the race and placing them in transition frozen can keep them cool.</p>

All protocols should be used in training. DO NOT do anything for the first time on race day.

Consumption

PureSport Workout should be consumed in 125ml-200ml doses approximately every 15-20minutes to promote absorption.

Above recommendation is for an athlete 60-90kg. For those athletes 40-59kg reduce Workout to 2 Scoops in 600ml to 750ml of water depending upon weather conditions.

Glycogen Loading with PureSport Recovery

PureSport Recovery should be consumed within the first 15minutes of completing your workout. For maximum results you must open muscle fibre pathways during your training sessions.

On the day before the race, one way to achieve this is by doing 90-180secs of race pace or slightly faster (not a sprint) effort using the muscles to be loaded.

For longer races it is recommended that you have another 1-2 scoops of Recovery 90-120mins after the session.

It is recommended that NO major change to diet should be undertaken in the last week prior to competition.

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Making up your drink the night before training and keeping it in the fridge provides a cooler drink. Adding some ice cubes will keep your drink cool during your race/training session.

Concentrate Mixture

To ensure you have exactly the fuel and electrolyte drink that will give you your best performance, (no matter where you race) here is how to make up your PureSport concentrate.

Make up 1 bottle of Workout concentrate – 3 Scoops per hour expected to be on the bike, mixed in a 750ml bottle.

Drink this in measured amounts with additional water from aid stations to adequately hydrate, so that the entire bottle is consumed evenly over the duration of the bike.

If you mix it up then freeze half in your race bottle and refrigerate the rest then add it to the frozen amount in the morning, it will remain cool for the entire ride.

Recovery can be mixed as 1 Scoop to 100ml of water. Put into fuel belt bottles and consume 100ml every hour, starting immediately after the swim once settled on the bike.

We thank you for using the PureSport product and look forward to your feedback.

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