



COURSE GUIDE

Introduction

- An introduction to 'Nutrition for Triathlon'
- Underpinning Principles for the Course
- Building a Framework for Applying Nutritional Theory to Practice

The Training Diet – Maximising Adaptation

- The Hierarchy of Performance Principles
- Carbohydrate Periodisation for Optimising Fuelling and Recovery
- The Science Behind Contemporary Diets for Triathlon

The Training Diet– Body Weight Manipulation

- The Importance of Energy Availability
- Maintaining Immunity
- Fat Loss Without Compromising Training Quality
- Improving Power-Weight Ratio

Setting up a Periodised Nutrition Plan

- Practical Implications for:
 - The Training Diet
 - Implementation of Advanced Strategies for the Training Diet
 - Fasted Training, Sleep Low, Train Low, Recover Low
 - Risk Reduction Strategies for Gastrointestinal Distress

Race Day Nutrition

- The Theory Behind:
 - The Week/Day/Hours Before
- Fuelling for:
 - The Swim; The Bike; The Run

Creating a Race-Day Protocol

- Distance-Specific Practical Nutrition Implications for Race-Day, Including:
- Fuelling, Hydration and Supplementation

TO GET IN TOUCH ▶