

Nutrition Tips for Triathletes

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Nutrition is a big scary subject in triathlon, but it really doesn't have to be. There are a lot of gels, bars, and drink mixes on the market. How the heck do you narrow it down? Here are a few tips to get you started.

1. The Feed

This is a great site that offers a wide variety of nutrition. How is it different? For every product they sell, they offer individuals of that product. So, instead of investing a large amount of money in a box of gels, you can buy a single gel to try the flavor for just a few bucks.

2. Practice!

You know those long rides and runs you do on the weekend? Those are a great opportunity to practice nutrition. Try some different products to see what works with your stomach. Better to find out in training than on race day. This is also a great opportunity to test out where you will store your nutrition on the bike and run.

3. Race Plan

Come up with a plan. How much are you going to drink in an hour? What are you going to eat before, during, and after. Carbs, caffeine, and sodium are all important. There are a lot of resources out there, but ultimately you need to have a plan that works for your body. What I can tell you is you need to consume calories every hour of the triathlon.

Most triathlons have aid stations but remember they may not stock your favorite products. If the race offers an Athlete Guide, take a peek at that to see if they discuss nutrition that will be offered.

There is a company called Precision Fuel and Hydration that offers a free consultation phone call to help you come up with a race day plan. You can also consult a nutritionist. A great account to follow on Instagram is Intentful Nutrition. She offers a variety of great tips and shares some of her favorite products.

You may be wondering what some of my favorite products are, so here is what I have found that works for me:

Drink Mixes: Skratch and Precision Fuel & Hydration

Gels: SIS and Precision Fuel & Hydration

Bars: Jojé Bars

Waffles: Honey Stinger

Some products I have been testing out are Spring Energy Gels and Maurten Gels.

Some other popular products are UCAN, Untapped Maple, GU Energy, LMNT, Nuun, Clif, and Hammer. This is by no means an extensive list, but some good companies to research.

Remember, we are all our own individuals. What works for me may not work for you. There are so many great products out there.