

viridian

Ethical vitamins with an organic heart

Viridian Sprint Triathlon Nutrition

Congratulations on your entry to the Viridian Daventry Sprint Triathlon!

To help you along the journey of 'train, eat, sleep, repeat' we have put together some nutritional guidelines to help you prepare and to have your best race performance.

Sprint triathlon is an intense sport with high energy requirements. Essentially the winner is the person who can maintain their performance over the 3 disciplines on their lactate threshold. This means those that can go the fastest while producing energy in an aerobic fashion. This type of exercise utilises stored carbohydrate called glycogen. Glycogen is stored in the muscles and in the liver, which is subsequently mobilised in response to meet an energy demand.

Exercise teaches the muscles to be efficient at producing energy whilst developing muscle fibres that subsequently improve performance. The development of muscle fibres and the increased utilisation of oxygen in energy production is known as adaptation, this requires a supply of amino acids from protein rich foods.

Consistent exercise also triggers changes at the cellular level that are supported by dietary fats.

Nutritional Requirements

Consequently carbohydrates, proteins and fats are important elements in triathlon nutrition. The table below shows examples of these macronutrients. It has been shown that nutrient dense foods such as herbs, spices, vegetables, nuts and seeds, besides being high in fibre contributes to satiety.

Carbohydrates	Proteins	Fats
Potatoes, rice, grains, starchy vegetables, sweet potato	Lean grass-fed meats, poultry, eggs, fish, legumes, nuts, dairy products	Nuts, seeds, oily fish, avocado, coconut, cold pressed organic oils.

Keep meals to a simple formulation; one third of the plate starchy vegetables and carbohydrate sources, one third lean proteins and the final third a multi-coloured array of vegetables, finished with a drizzle or sprinkle of fats.

Sample Breakfast:

2 – 3 eggs scrambled with Organic Raw Coconut Oil
Stir fried spinach, tomatoes and mushrooms
Wholegrain bread/Sprouted grain bread

Sample Lunch:

Grilled salmon
Broccoli, carrots, red cabbage
Small sweet potato
Sprinkle of mixed seeds and drizzle of organic hemp seed or flaxseed oil

Sample Dinner:

Mixed Beans

Quinoa

Kale, cauliflower, red pepper

Seasoned with garlic, turmeric, black pepper and Himalayan pink salt

Handful of crushed almonds and a drizzle of organic hemp seed or flaxseed oil

Snacks:

Fruit, hummus and veg sticks, handful of raw nuts, dates, oat cakes and organic pate, natural yogurt with fruit

Drinks:

Herbal teas, fruit teas, water

Pre workout snack:

To fuel a workout it can be useful to take on a carbohydrate rich snack 90 minutes prior to training, this could be 75 grams of oats in milk/nut milks with berries or mashed banana on oatcakes.

Post workout meals

Following the 'one third of a plate' formulation will provide enough carbohydrates to replenish glycogen stores and proteins to repair muscle damage (adaptation) plus nutrients for our physiological functions. Ideally this meal should be consumed in the 45 minute window after exercise. If eating a meal is unsuitable, consider blending a banana with skimmed milk and a couple of handfuls of raw nuts.

Applications such as 'my fitness pal' is a useful and quick way to log food intake. This enables the user to observe caloric and nutrient intake. There are a number of useful online calculators that estimate your caloric requirements using weight, height, sex and activity output.

Hydration

Optimum water intake is estimated around 2 litres daily, however this may vary dependant on climate and quantity of exercise. A useful hydration indicator is the colour of urine; optimal hydration produces straw coloured urine versus a dehydrated state that produces dark urine and infrequent urination. It is important to replenish electrolytes lost in sweat, this can be achieved using electrolyte or sports drinks, however watch out for excessive sugars and artificial sweeteners.

Supplements

Generally a multivitamin, Omega 3 oil and Magnesium tend to be the most utilised supplements for triathletes, this rings true for the majority however, certain individuals may have health issues that require further supplementation. Viridian Nutrition supplements to consider to assist your triathlon ambitions:

- Viridian Nutrition Sports Multi; a high potency multivitamin and mineral complex.
- Vitamin D3 2000iu; a vegan vitamin D3.
- Organic Scandinavian Rainbow Trout Oil; a sustainably produced fish oil
- High Potency Curcumin Complex
- Co Enzyme Q10 100mg with MCTs

- Synbiotic Daily; a probiotic and prebiotic blend
- Sports Electrolyte Fix; minerals from the Salt Plains of Utah
- Qi Ribose; a nutritional kick-start providing high-potency support. Featuring Ribose with the supportive nutrients Magnesium, Acetyl-L-carnitine and Malic Acid.

Viridian Nutrition supplements are available from Sheaf Street Health Store, Daventry.

Race Day

A carbohydrate rich meal with some protein and fats 90 minutes before the race start is ideal, however where pool based triathlons are concerned the timings may mean a further snack is necessary. Generally a breakfast such as porridge, milk, berries and seeds provides all the nutrients and slow release carbohydrates, if necessary, you may wish to add a banana or some wholegrain/sprouted bread/toast to this. A further snack at a later time for those with late race starts such as oatcakes and 100% peanut or almond butter or an energy bar.

Take on fluids as normal up to the race start.

You may wish to use a sports electrolyte blend with maltodextrin and fructose (2:1) during the bike section to support energy levels. With a final slurp or gel in transition ready for the run.

After the race, rehydrate with an electrolyte drink and a balanced carbohydrate and protein snack.

These nutritional guidelines will ensure that you are fully energised in the weeks up to the event and throughout the race itself. We hope you have a wonderful day whether a newbie or a fully-fledged triathlete.

For further information on supplements, please contact Viridian Nutrition Technical Team 01327 878 050.