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Read Book Triathletes Ultimate Guide To Protein (see table 1). For most, this equates out to be 2-4 servings of dairy (1 serving = 1 cup milk, 1 cup yogurt, 1.5 ounce cheese) and 5-9 ounces of meat/meat alternative per day or

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"During the build phase, carb intake should rise to 8-12g per kg," says sports nutritionist Drew Price. "Protein intake also increases to around 1.5g-2g per kg. Fat remains around the 1g per kg mark." Warning: for those who haven't reached their goal triathlon weight, don't fall into the trap of keeping carbs down as per the base phase.

Triathlon nutrition - our ultimate guide - 220 Triathlon

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Triathletes are not bodybuilders, so they don't need to overdo their protein dosage. The key word to remember here is balance. One of the rules of endurance nutrition is that macronutrients should be taken in their recommended amount. This is 15-20 percent of daily calories from protein, with the remainder being carbs and fat.

What Are the Best Endurance Supplements for Triathletes ...

The percentage of each macro you need depends on the kind of triathlete you are. An Ironman triathlete will need more carbs than a short-course triathlete simply because of the added training hours. A good ballpark figure is to intake 15-20% of your daily caloric intake from protein, 20-35% from fats, and 45-65% from carbs.

The Ultimate Guide to Mastering the Triathletes Diet ...

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Noosa Triathlon Multisport Festival. Oct. 30-Nov. 3, Queensland, Australia. The world's largest Olympic-distance triathlon (with more than 8,000 participants) is part of a five-day multisport festival in Noosa Heads that celebrates sports participation, healthy living, fitness, and fun.

The Ultimate Triathlon Destination Guide - Triathlete

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