



# ON COURSE NUTRITION

## SWIM

TRANSITION	3.8 KM
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## BIKE

AID STATION	LAP 1	LAP 2
HANI	4.8 KM	94.3 KM
KIRCHDORF	25.2 KM	114.7 KM
RIGGISBERG	48.6 KM	138.1 KM
WATTENWIL	72.4 KM	161.9KM



## RUN

AID STATION	LAP 1	LAP 2	LAP 3
1	0.1 KM	14.3 KM	28.5 KM
2	2.6 KM	16.7 KM	30.9 KM
3	4.9 KM	19.1 KM	33.3 KM
4	6.9 KM	21.1 KM	35.2 KM
5	8.0 KM	22.2 KM	36.4 KM
6	10.8 KM	25.0 KM	39.2 KM
7	12.8 KM	27.0 KM	41.2 KM



# ON-COURSE NUTRITION PRODUCTS

## BIKE COURSE

### Gatorade Ready-to-Drink Bottles (750 ml)

Gatorade products have the FLUIDS to help replace what you sweat out, ELECTROLYTES to aid in rehydration, and CARBS to help refuel working muscles. The 750 ml Thirst Quencher bottles will be available for touchless collection.

### Maurten GEL 100 & GEL 100 CAF 100

Maurten GEL 100 & GEL 100 CAF 100 are true gels; a biopolymer matrix filled with a unique blend of fructose and glucose (ratio of 0.8:1) which enables uptake of up to 100 grams of carbohydrates per hour. GEL 100 CAF 100 contains 100 mg of caffeine. Both contain no added flavors, preservatives or colorants and are vegan-friendly.

### 226ers Race Day Bar

226ers Race Day Bars are rich in carbohydrates and organic ingredients such as dates, pumpkin seeds, sunflower oil, and raisins. These easy-to-chew, gluten-free, vegan bars will be available on the bike course in different flavors, with or without BCAAs.



## RUN COURSE

### Red Bull Energy Drink

Red Bull Energy Drink is a lightly carbonated, functional beverage containing taurine, caffeine, B-vitamins, and sugars. One 250 ml can contains 80 mg caffeine, about the same as a cup of coffee. The product will be served on the run course diluted with water in paper cups.

### Gatorade Powder

Gatorade products have the FLUIDS to help replace what you sweat out, ELECTROLYTES to aid in rehydration, and CARBS to help refuel working muscles. Pre-filled cups will be available for athletes to collect contactlessly.

### Maurten GEL 100 & GEL 100 CAF 100

### 226ers Vegan Gummy Bar

30g energy bars that are easy to chew, digest, and carry. Perfect in both training and competitions, giving your body the energy it needs while maintaining a high level of physical performance.

