



BRICK SESSION FUELING

Fuel.E x **Purple Patch**

***“YOU DON’T RISE TO YOUR
LEVEL OF EXPECTATIONS,
YOU FALL TO THE LEVEL OF
YOUR SYSTEM”.***

James Clear, Atomic Habits

**TIMELINES TO
CONSIDER**

WEEKS LEADING UP TO A RACE / EVENT

A. Squad 12 weeks (4 x 3 week cycles)

Food diary and tracking

Mon & Fri weigh-in (accountability)

5 x Sweat Testing Bike/Run/Brick

5 x Carb Capacity Testing (Gut Training) Bike + Run

Practice race-like nutrition tests (BRICK sessions)

C. Race Build (3 weeks)

Increase habitual carb consumption

Practice carb loading

Practice race day breakfast

Bike + Run Race Day Hydration + Fueling

Heat protocol - 10 days out

THE
START

B. Race Build (7 weeks)

Practice race-like nutrition tests (BRICK sessions)

Practice race nutrition setup (bottles, bento box etc.)

Practice carbohydrate loading 1-2 days prior

Practice race breakfast (type & timing)

Order products required for the race

RACE
DAY

PRE-RACE NUTRITION TIMELINE

1 & 2 DAYS PRIOR TO RACE DAY

"GREEN DAYS"

- Carb loading min 8g/kg/BW
- Female and Male
- Low fiber**
- 2L water/maltodextrin + 1500mg sodium + 2-5g carbs

PRE-SWIM SNACK

- 100 to 200mg caffeine (30-45mins)
- 1 gel (15-10 min prior)
- Sip on electrolytes

RACE
START

RACE DAY BREAKFAST (1.5 - 3 hours before race)

"GREEN MEAL" (example)

- Overnight protein oats
- Toast x 1-2 with 2 tbspn almond/peanut butter +jam
- 1-2 boiled eggs
- Fruit salad inc. pineapple, mango, banana
- 2L water/maltodextrin with 1500mg sodium + 2-5g carbs

*(Athlete bodyweight will determine exact amounts)

**Minimize fiber +/-FODMAP intake

PRE-BRICK NUTRITION TIMELINE

PRE-RACE DINNER

2-3 hours before bed

"GREEN MEAL" (example)

- White pasta/rice + chicken/plant protein + tomato*
- White bread (Minimize fiber +/- FODMAP intake)
- Water, electrolyte +/- carb fluids



BIKE & RUN PREP

Prior to start

- Weigh self for sweat test
- Carbs packed and ready
- Fluids set up on bike
- Run fuel ready to go




START

SESSION DAY BREAKFAST

1.5 - 2 hours before BRICK
(15-30 mins if "gut training".

"YELLOW or GREEN MEAL"* (example)

- Overnight protein oats
- Toast x 1-2 with almond/peanut butter + jam
- +/- 1-2 boiled eggs
- +/- Fruit salad inc. pineapple, mango, banana
- Fluids/Electrolytes as required




* (Athlete bodyweight will determine exact amounts)



PRE-BRICK MEAL GUIDE

EXAMPLE: 3-4hr BIKE with a 75min ROTB

DURATION	180+mins
INTENSITY	Z2-4
TRAFFIC LIGHT	
CARB AMOUNT	Higher (~100-160g+) Target 2 - 2.5g/kg carbs

NOTE: Consuming a higher-carb meal beforehand is recommended even for lower-intensity brick sessions lasting more than 2 hours.





CARB FUELING PROCESS

Practice race fueling during training. Train your gut.

Higher carb fueling for Z3+, race pace or above sessions.

Practice race fueling and hydration during these sessions.

*

BIKE
Chews, Gels, Liquid, Bars

RUN
Gels, Chews, Liquids

MALE: 15-20 MIN FEEDS

MALE: 15-30 MIN FEEDS

FEMALE: 20-30 MIN FEEDS

FEMALE: 20-30 MIN FEEDS

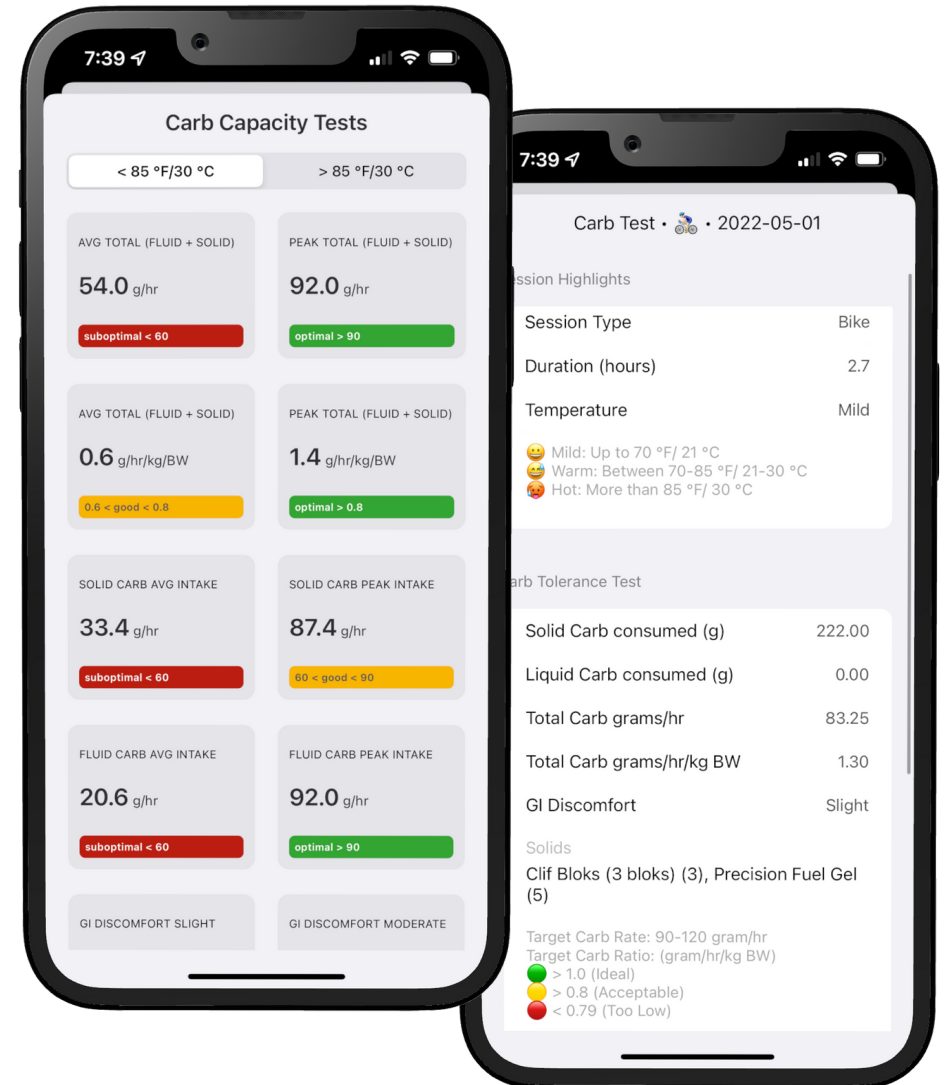
Set up your run with higher carb fueling & optimal hydration

Use your race fuel as you intend to do in a race.

CARB CAPACITY TRAINING

How to train your gut & increase your carb capacity.

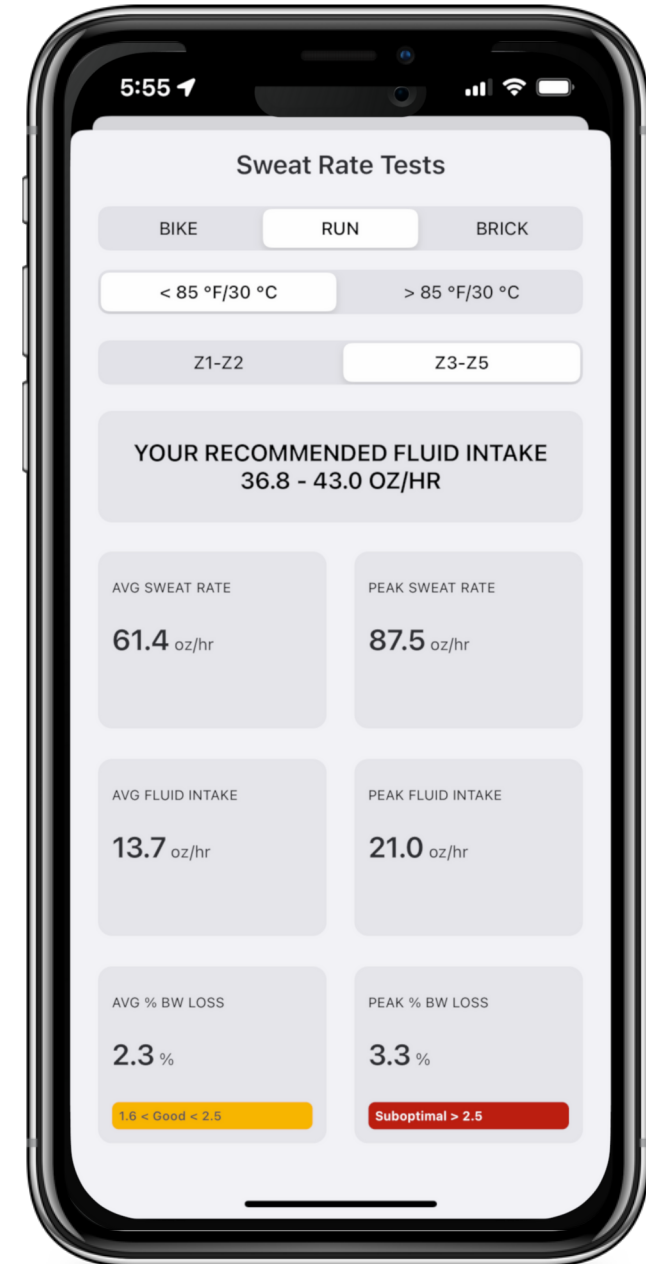
- 1 Allocate 10+ carb fueling sessions leading up to your event (mimic race intensity, conditions, etc.)
- 2 Establish your current baseline carb intake rate (grams/hour)
- 3 Log your carb consumption amount (session type, temperature, duration, GI distress, etc.)
- 4 Gradually increase your carb consumption rate with each gut training session until you hit your target
- 5 Execute your fueling plan on race day based on your carb capacity results



SWEAT RATE TESTING

KNOW YOUR HYDRATION NEEDS SO YOU CAN PERFORM AT YOUR BEST

- "Guard rails" - range
- $</>85F$ ($</>30C$)
- Duration
- Bike, Run, Brick specific
- Fluid loss & fluid intake
- Bodyweight % lost
- Thirst rating
- GI complaints
- Sodium mg/hr vs mg/L
- Be the "scientist"



Questions

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