



# TRIATHLON, CYCLING AND RUNNING: HERE'S HOW TO INTEGRATE WITH ENERVIT'S C2:1 PRO LINE

by Elena Casiraghi - Equipe Enervit

Triathlon, cycling, and running all belong to the **endurance sports** category, a world that has seen significant growth in participants in recent years.

Alongside this growth, there has been an increased demand for information regarding **nutrition and supplementation** that is most suitable for supporting these sports. In order to effectively meet the energy demands that arise in endurance sports, Enervit has developed a complete line of sports supplements aimed [at maximizing the intake of carbohydrates per unit of time](#).

The development of these products has undergone an extensive testing phase with professional athletes from various disciplines such as cyclists, triathletes, trail runners, and mountaineers. It is thanks to their feedback that the new [Enervit C2:1 PRO](#) line was born, designed for long-lasting and high-intensity performances.

**WHY 2:1**

ONLY GLUCOSE	GLUCOSE + FRUCTOSE in 2:1 ratio
60g/h carbs	90g/h carbs
<b>+50% ABSORBED CARBS</b>	

## Enervit C2:1 PRO in triathlon, from sprint to long distance

Triathlon was born in Hawaii in the 1980s with the first Ironman race, the long-distance race par excellence that combines three disciplines: swimming (1.9 km), cycling (180 km), and running (42.195 km). Subsequently, races of shorter distances were codified, such as:

- **Sprint** (750 m swimming, 20 km cycling, 5 km running);
- **Olimpico** (1500 m swimming, 40 km cycling, 10 km running);

- **70.3** (1900 m swimming, 90 km cycling, 21,097 km running).

First and foremost, it should be noted that **during the swimming portion** of a race of any distance, it is not possible to consume supplements. This leads to an immediate glycogen deficit. That is why the integration strategy during the cycling portion, which must serve not only to fuel oneself properly but also to replenish what was "spent" in the first portion, becomes of fundamental importance.

The intensity of the exercise, the equipment, and the regulations are the main characteristics that differentiate these distances.

- **The Sprint and Olympic distances** have a duration of one and two hours, respectively, for elite athletes (the time may vary depending on the course characteristics) and involve the use of a road bike and any short extensions that must not exceed the handlebars (measurement is done by race officials at the entrance to the transition zone). In this type of distance, it is possible to take advantage of drafting on the bike, which is a favourable situation for both elite athletes and amateurs who can compete in a group, significantly increasing speed with the "right train." However, at times, it can be challenging to integrate due to hand positioning on the handlebars and the level of attention required for cycling.
- **The Ironman and Ironman 70.3 distances** involve the use of a "time trial" frame (not mandatory but quite common). Drafting is prohibited during the **cycling** portion. Athletes must maintain a minimum distance of 10 meters between their front wheel and the rear wheel of the athlete in front. The riding position of the athlete (hunched over the aerobars) and the duration of the fraction make it difficult to consume solid foods, especially in the final kilometres. Typically, the consumption of gels and liquid carbohydrates is most suitable during the cycling fraction. Additionally, it should be noted that during the running portion, it is preferable to use mildly sweetened blends to reduce the feeling of nausea associated with the high sweetness of commonly used dietary supplements.
- **Sprint Triathlon** (maximum 60 g/h carbohydrates)  
*Bike:* 500 ml water bottle with Isocarb 2:1 (60 g)
- **Olympic Triathlon**  
*Bike:* 500 ml water bottle with Isocarb 2:1 (60 g)

*Run:* 1 Carbo gel (40 g)

- **70.3 Triathlon**

*1st hour of the bike:* 500 ml water bottle with Isocarb 2:1 (60 g) + 1 Carbo Bar (30 g)

*2nd hour of the bike:* 500 ml water bottle with Isocarb 2:1 (60 g) + 1 Carbo Jelly (30 g)

*Run:* 1 Carbo gel every 30 minutes (2 Carbo gel/h)

- **Ironman Triathlon**

*1st hour of the bike:* Carbo gel (right after mounting the bike) + 500 ml water bottle with Isocarb 2:1 (60 g)

*2nd hour of the bike and subsequent hours:* Carbo Bar (30 g) + 2 Carbo Chews (10 g)/1 Carbo Jelly (30 g)

*Last hour:* 2 Carbo Chews (10 g) + 1 Carbo Gel (40 g)

*Run:* 1 Carbo gel (40 g) every 30 minutes. It can also be considered to include 2 Carbo Chews (e.g., at 30 minutes of running, 1 Carbo gel -> after 15 minutes, 1 Carbo Chews -> after another 15 minutes, and at the end of the hour, another Carbo Chews).

## **Enervit C2:1 PRO for cycling and recommended usage.**

Cycling races are characterized by different phases that can vary depending on the course characteristics. After the start, the peloton is usually tightly packed, and it is challenging to take hands off the handlebars in this situation. The speed is high, as well as the required levels of attention. Therefore, liquid solutions that can be consumed without excessively distracting from the ride are the most suitable. The middle stages are more open, after the peloton has made an initial selection. It is advisable to take advantage of this phase to consume solid foods. The final part involves an increase in intensity to cover the last kilometres and close any gaps. The finish line is near, the pace increases, and it is better to revert to preferring more liquid solutions.

- **Usage recommendations:**

*1st hour:* 500 ml water bottle with Isocarb 2:1 (60 g carbohydrates) + 2 Carbo Chews (10 g)/1 Carbo Jelly (30 g)

*2nd hour:* 500 ml water bottle with Isocarb 2:1 (60 g carbohydrates) + 1 Carbo bar (30 g). Alternatively, 1 Carbo Jelly (30 g) + 1 Carbo bar (30 g) + 2 Carbo Chews (10 g) (repeat for a potential third hour)

*Last hour:* 1 Carbo bar (30 g) + 1 Carbo gel (40 g)

## **Enervit C2:1 PRO for road running and recommended usage.**

Road running involves significant jostling of the abdominal organs. At the same time, the race pace is consistently high. These two factors make gel-format supplements preferable.

- **Usage recommendations:**

*10 km:* 1 Carbo gel (40 g carbohydrates)

*Half Marathon:* 1 Carbo gel every 30 minutes.

*Marathon:* 1 Carbo gel every 30 minutes.

In the case of running, as personalized refuelling is not allowed, the use of Isocarb is not possible.