

**Felicity Harrison – Palm to Shelly Beach 27km PLAN**

**On waking (1-2 hrs before):**

- 2 slices toast with peanut butter and jam
- Bottle of Gatorade – 750ml in 3 x 250ml gulps
- Anti-nausea medication
- Voltaran

**15 min before:**

- Gu Gel

**Christie Johnson**

*Sports Dietitian (APD)*

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### Feeds

250ml per feed | If need to make feeds warm: ¾ room temp, ¼ hot water

Time (hrs)	Feed	Directions	Notes	Carbohydrates (g)
0:30	Staminade x 2 scoops (30g)	250ml water		30
1:00	Gu gel	200ml water	With/ without caffeine	24
1:30	Flat soft drink	300ml		33
2:00	Protein mix	250ml	50g scoop x Prana on mass + 10g maltodextrin	31g + 15g protein
2:30	Staminade x 2 scoops (30g)	250ml water		30
3:00	Gu gel	200ml water	With/ without caffeine	24
3:30	Flat soft drink	300ml	<i>Ibuprofen x2</i>	33
4:00	Protein mix	250ml	50g scoop x Prana on mass + 10g maltodextrin  <i>Panadol if required</i>	31g + 15g protein
4:30	Staminade x 2 scoops (30g)	250ml water	Small treat	30
5:00	Gu gel	200ml water	With/ without caffeine	24
5:30	Flat soft drink	300ml		33
6:00	Protein mix	250ml	50g scoop x Prana on mass + 10g maltodextrin	31g + 15g protein

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6:30	Staminade x 2 scoops (30g)	250ml water		30
7:00	Gu gel	200ml water	With/ without caffeine Small treat	24
7:30	Flat soft drink	300ml	<i>Ibuprofen x2</i> <i>Panadol if required</i>	33
8:00	Protein mix	250ml	50g scoop x Prana on mass + 10g maltodextrin	31g + 15g protein
8:30	Staminade x 2 scoops (30g)	250ml water	Small treat	30
9:00	Gu gel	200ml water	With/ without caffeine	24
9:30	Flat soft drink	300ml		33
10:00	Protein mix	250ml	50g scoop x Prana on mass + 10g maltodextrin	31g + 15g protein

- Take back up feeds:
  - Ginger cordial – 50mL in 200ml water - can swap with flat soft drink
  - Gatorade – premade bottles or powder
  - Different flavoured gels
  - Black tea and maple syrup/ sugar

**Foods to have** if get hungry (every few hours):

- Brownie / muffin bites
- Lollies (littles ones easy to eat like red frogs/ raspberries or snakes chopped up)

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**After**

- Protein shake within 30 minutes
- Ideally have a complete meal within 1 hour of finishing, with carbohydrates, protein and a small amount of fat. Such as eggs on toast, pasta or rice with beans or tofu, veggie hamburger.

**NOTES FOR SUPPORTERS:**

- If lacking energy or need a boost – add a dessert spoon sugar/ maple syrup or extra gel
- Take note of peeing – if not peeing every 3 to 4 feeds, add 50ml to drinks or black tea and sugar
- Give Felicity lots of MOTIVATION, POSITIVITY AND FOCUS
- Write memories on white board or key words / mantras for Flic to think about and stay positive
- Record what she is having and call me / whatsapp if needed: +61 406 128 994
- Give anti nausea meds at early signs of sea sickness
- Don't miss a feed or give water only – try tea or mouth swirl drink and spit out.

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Feed #	Time (hrs)	Actual Time	Directions	Fluid	Notes
1	0:30		Staminade x 2 scoops (30g)	250ml	
2	1:00		Gu gel	200ml	
3	1:30		Flat soft drink	300ml	
4	2:00		Protein mix	250ml	
5	2:30		Staminade x 2 scoops (30g)	250ml	
6	3:00		Gu gel	200ml	
7	3:30		Flat soft drink	300ml	<i>Ibuprofen x2</i>
8	4:00		Protein mix	250ml	<i>Panadol if required</i>
9	4:30		Staminade x 2 scoops (30g)	250ml	Small treat
10	5:00		Gu gel	200ml	
11	5:30		Flat soft drink	300ml	

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Feed #	Time (hrs)	Actual Time			
12	6:00		Protein mix	250ml	
13	6:30		Staminade x 2 scoops (30g)	250ml	
14	7:00		Gu gel	200ml	Small treat
15	7:30		Flat soft drink	300ml	<i>Ibuprofen x2</i> <i>Panadol if required</i>
16	8:00		Protein mix	250ml	
17	8:30		Staminade x 2 scoops (30g)	250ml	Small treat
18	9:00		Gu gel	200ml	
19	9:30		Flat soft drink	300ml	
20	10:00		Protein mix	250ml	

**Protein mix:**

- 50g Prana On protein
- 10g maltodextrin
- 250ml water

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