

Stephanie Gaskell

ONLINE TRIATHLON NUTRITION PROGRAM

*Nutrition Training to Break your P.B.,
Prevent Blowing Up, Cramps & Gut Upset*

SDA
ACCREDITED
SPORTS
DIETITIAN



2017 Edition

SCHEDULE A CONSULTATION

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TAKE YOUR PERFORMANCE & HEALTH TO THE NEXT LEVEL

An online triathlon nutrition program developed to support triathletes of all abilities. Developed specifically to support triathletes with professional nutritional support from a qualified nutrition professional and endurance athlete.



SG

STEPHANIE GASKELL



DON'T LET THIS HAPPEN TO YOU

Learn valuable nutrition strategies to best manage or prevent gastrointestinal issues such as vomiting, nausea, reflux and frequent loo stops and the reasons triathletes are more prone to them.

Exercise associated muscle cramping - what is it and how can you aim to prevent and manage it.

"Hitting the Wall" or blowing up - prevention with a solid nutrition plan.

“A GOAL WITHOUT A PLAN IS JUST A WISH”

- ANTOINE DE SAINT-EXUPERY

Many triathletes struggle for good quality nutrition support. They get bombarded with a lot of information and much of it may not be useful or even applicable to your own unique physiology.

As a qualified nutrition professional and endurance athlete, I have relevant knowledge and experience to help you achieve your goals.

HEALTHY MIND

Improve Concentration

“Get Big Results with Small Changes”

You will build the knowledge and have the nutrition advice to support your triathlon or specific race goals.

Whether you want to beat your personal best, achieve a new body composition goal, manage your injuries with nutrition or optimise your training adaptations, Triathlon Nutrition Training Arsenal will help you reach your goals.

CORE BENEFITS

- ✓ Personalised Nutrition Training
- ✓ How to Estimate Energy Output & Intake
- ✓ Recommended Apps for Tracking
- ✓ Race Day Nutrition & Preparation
- ✓ Post Event Recovery

HEALTHY BODY

Optimise Recovery Process

Gain Valuable Nutrition Knowledge

Healthy Nutrition Plan for a Healthy Heart

Improve Strength

Train Your Gut & Prevent Upset

Achieve Body Composition Goals

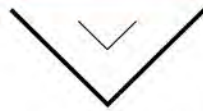
Improve Cycling / Running Power

Optimise Training Adaptations

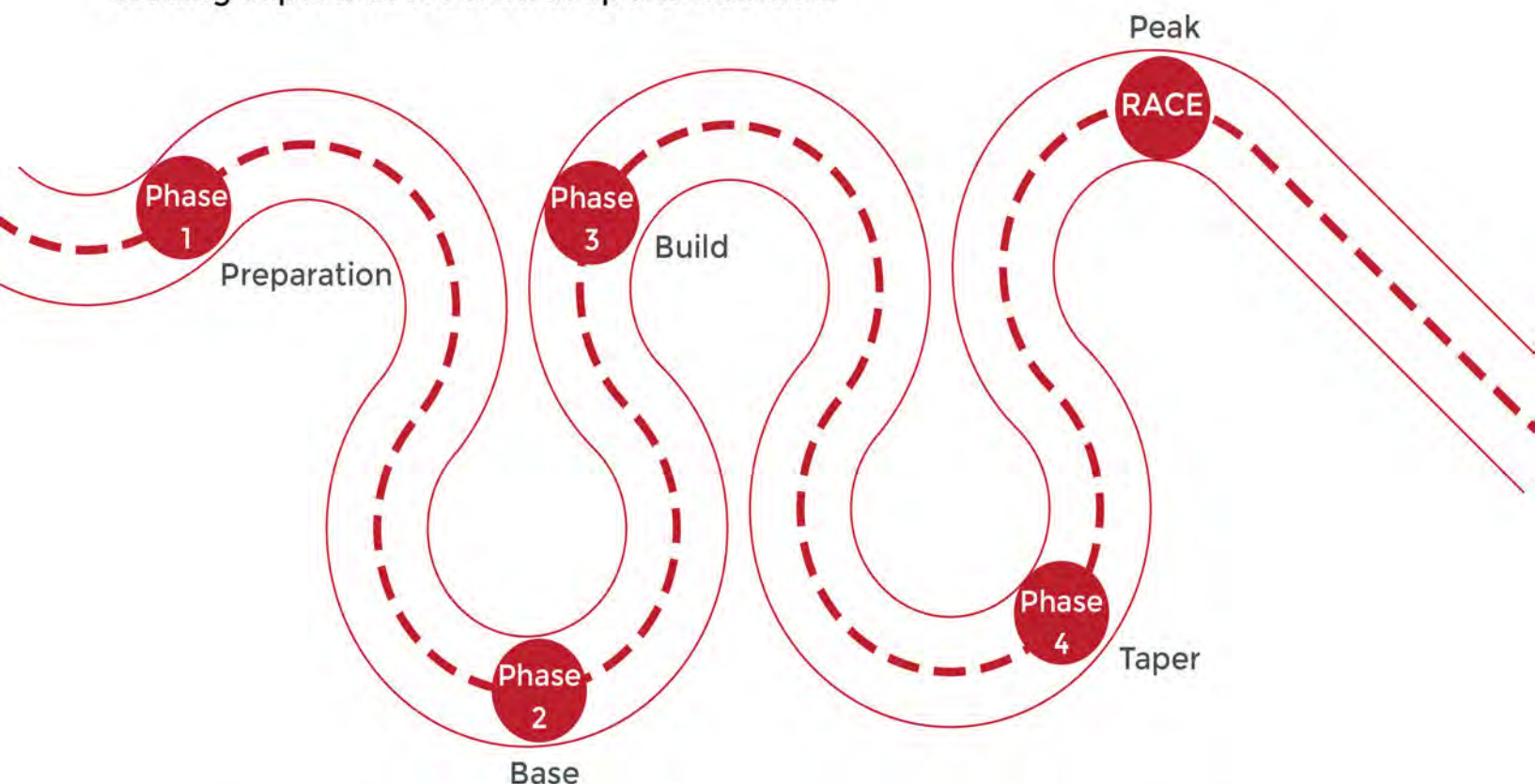
Injury Prevention and Recovery



HOW WILL THIS NUTRITION TRAINING **BENEFIT YOU?**



The road to a successful race is rarely a simple journey. In order to complement your swim, bike and run training, you will learn additional practical skills that also support a long and healthy life (triathletes have lives other than training?!). To perform well you need consistency in your training, to have consistency in your training you need to keep healthy. Learn how to prepare quality nutritious meals and snacks that contribute to optimum performance, but taste great too! By working with Steph, you will be able to individualise your nutrition specifically for the various phases of your training as well as your race. You'll also learn from leading experts in the field of sports nutrition.



"Unless you test yourself, you stagnate. Unless you try to go way beyond what you've been able to do before, you won't develop and grow. When you go for it 100%, when you don't have the fear of "what if I fail," that's when you learn. That's when you're really living."

- Mark Allen | 6x Ironman World Champion

Breakdown of the Triathlon Nutrition Arsenal Training Program



ONLINE PORTAL

The training system is comprised of 5 modules packed with information and delivered via video with accompanying PDF downloads.

6 MONTH ACCESS

Once registered for the system, you will have a full 6 months of access to the nutrition resources and training materials.

CONVENIENCE

Access the content 24/7 via the internet from anywhere in the world. Videos & PDFs can also be saved to your local PC to view anytime.

COURSE CONTENT

Valuable and relevant nutrition guidance covering all areas from training nutrition, energy requirements, hydration, supplements and race preparation.

WEBINARS

3 webinars / recordings with special guests - featuring well respected guest sports dietitians in elite level sports and research.

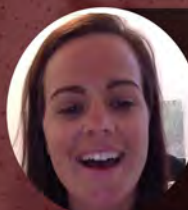
OPTIONAL

One-on-one Nutrition consults with Steph. Learn from her advice and experience as a qualified nutrition professional and endurance athlete. Contact Steph for details.

A FEW OF OUR ATHLETES



Kevin Fergusson
Multiple 1st Place AG
Ironman Triathlete



Chloe Lane
2016 Ultraman
Australia Womens
Champion



Mick Keyte
Oscars 100km
Trail Winner

ATTEND OUR WEBINARS

PRESENTED BY:

Dr (PH.D.) Greg Cox -
Competition Needs (Sprint/Olympic/70.3/Ironman)
Periodised Nutrient Intake (training low/high)

Dr (PH.D.) Gary Slater -
Body Composition & Application to Triathletes

Greg Shaw -
Nutrition for Injury Management

Who Are We?

Presenters are well respected sports dietitians and researchers with a wealth of working knowledge in elite level sport, and at National Sports Institutes.



Click **HERE** to
Reserve Your Spot
TODAY



5 NUTRITION MUST DO'S

Five Nutrition Factors You Must Consider When Building Into Your Next Training Block

01

FOOD FIRST

Food makes a monumental difference to your training and performance. Supplements make small percentage differences - yet everyone wants to race to the supplement store.

02

PROTEIN QUALITY & DISTRIBUTION

The correct amount and timing is key for your performance, recovery and body composition. The amount required is dependent on your workout session and goals. I see many who fail to get this right - but when they do, they can not believe the difference it makes to their recovery and overall quality of training.





03

TRAIN YOUR GUT!

Train your gut with what you will be using for fuelling during your race. So many triathletes ruin months of hard work leading up to their race by “trying to wing it” on race day. How many hours have you spent training? Don’t undo all your hard work with poor nutrition preparation.

04

PERIODISE YOUR NUTRITION

Just as your training is periodised into different phases, so too should your nutrition plan. Do you eat the same foods every day? Does your training volume or intensity change from day to day? Some days you may be training for 4-6 hours plus and others may be 1-2 hours - these variations obviously have a profound impact on your nutrition requirements.



05

GASTROINTESTINAL ISSUES

Don't let GI issues ruin your race. This is so common in triathletes yet there are easy things you can do to prevent and manage these issues. One is to look closely at your race nutrition plan - what are you doing in the days leading up to, the morning of, and during the race itself. Your nutrition during this time period is critical to reducing your risk of gut upset. If you over do your fibre, fat and protein intake; don't plan your food intake and not get enough carbohydrates, electrolytes and hydration intake during your race - these are all factors that could lead you to visiting the loo more often than necessary. Even worse, experience vomiting, belching, bloating, stitch and nausea. Learn how to prevent all these potential disasters during your next race.



WHAT ARE PEOPLE SAYING ABOUT STEPH'S NUTRITION TRAINING?



Sam Boag
10:23hr Ironman
Kona IM World Championships

“Being a mum of 3 active children, working and trying to train for Ironman is a challenge and often the last thing I have time to think about is my nutrition. Kid's first mum last so getting some help was vital for me. When I decided to step up from marathon running to ironman triathlon Steph helped me get through the gruelling 4am starts and up to 25-30hrs week of training whilst trying to keep the family routine happening. My training nutrition was spot on and on race day I didn't hit the wall, in fact the 40 year old mum was passing a lot of super fit athletes who had “hit the wall”. Ironman is not only about the fittest, fastest athlete a huge component is getting your nutrition right on the day. The practising and training to get it spot on was key to the success of the plan. Steph was flexible and understanding of my somewhat bizarre tastes and cravings but we got there in the end. Thanks Steph I couldn't have achieved what I did in my 2 races without a personalised race nutrition plan.”

Chloe Lane
2016 Ultraman
Australia Womens
Champion



Kona Podium Finisher
Ironman Western Australia Female Winner 18-24
3x Qualifier for Ironman World Championships
2nd Female 2017 Australian Alpine Ascent

“I met with Steph after she was highly recommended by a training buddy. Steph is very passionate about what she does which is reflected in her wealth of knowledge, professionalism and superior communicating skills. She is a top endurance athlete and has the first hand experience of how important nutrition is in training and racing.”

WHAT ARE PEOPLE SAYING ABOUT STEPH'S NUTRITION TRAINING?



Kevin Fergusson
Awarded Legend of The Sport
Triathlon 2015

“After hearing so many positives from training buddies about Steph, I jumped at the opportunity to have a chat to her when we met on a hill run. I told her about iron5for55, my goal to do 5 Ironman and raise \$55,000 for cancer research. I was worried about how I would cope with 5 Ironman in just over 8 months. I had set the task of not only competing in the 5 but to try and win each one and set course records for my age group. To pull this off I had to make sure I was eating and recovering properly and that's where Steph's expertise came in. We went through a detailed analysis of my nutrition and Steph put together a very detailed plan to get me in peak condition before I started iron5for55. I needed to make sure I recovered well in between each Ironman as I had only 3 weeks between some events. Steph worked out a detailed recovery plan for this. Another issue to sort out how to keep my nutrition down. As I aged, my stomach didn't like what I was normally consuming in races anymore; it kept coming up. Steph sorted my nutrition out. It was convenient and simple. No more mess and rubbish to worry about. Steph's advice certainly helped me win the 5 Ironman and I managed to set 4 course records. I continue to work with Steph, things change as scientific research and nutrition advances. I am still setting PBs thanks to Steph's advice. You can teach old dogs new tricks - if the person you see has the knowledge and knows how to train stubborn triathletes. Thanks Steph; your expert advice and friendly nature have certainly helped me achieve things I even thought were a bit unrealistic at times. So in closing, don't just think about it, do it, work with Steph and changes will be made. *Thanks Kevin Fergusson*”



QUINOA TABOULI

Serves 4

**Excellent Source of Fibre
Lactose and Dairy Free**

INGREDIENTS

• 2 cup cooked quinoa • ½ bunch flat leaf parsley • 4 kale leaves, chopped finely (with scissors) • 3 Tbsp finely chopped mint • 3 Tbsp finely chopped coriander • 8 cherry tomatoes, quartered • 6 spring onion tops chopped finely • ¼ cup olive oil • Juice of one lemon • ½ tsp of paprika • ½ tsp of dried cumin • Salt and pepper to taste • 1 Tbsp chopped walnuts • 1 Tbsp chia seeds • 2 Tbsp lightly toasted pine nuts • 1 cup drained canned chickpeas

METHOD

In a bowl toss all these ingredients together and add your choice of protein if wishing to top it up.

NUTRITIONAL ANALYSIS

Per Serve Energy (kj) 1591 Energy (cal) 380 Protein (g) 9.8 Carbohydrate Total (g) 24.2 Fat (g) 25.3 Fat Saturated (g) 3.1 Fibre (g) 8.2 Calcium (mg) 116

PRO TIP

To boost your protein add in shredded chicken, tofu, tempeh, tuna, salmon, boiled eggs

A woman, Stephanie Gaskell, is running on a rocky, uneven trail. She is wearing a blue and black athletic outfit, a white race bib with the number 155, and a black headband. The background shows a rocky cliff face and some greenery.

SG

STEPHANIE
GASKELL



VISION & MISSION

Educate you in the area of sports specific nutrition to allow you to perform the best you possibly can.



NUTRITION

An event specific and personalised nutrition plan is paramount for peak performance.



TRAINING

Optimize your training by approaching nutrition in a way you may have never considered.



NUTRITION

The “4th leg” of triathlon training - the importance of nutrition during recovery.

Stephanie Gaskell

C O N T A C T M E

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