

Abstract

Title: Dietary Habits during Long Triathlon

Objectives: The main objective of this thesis is to prepare alternative diets from three selected manufacturers offering sports nutrition. Another objective was to ascertain the eating habits of triathletes during race in long triathlon, and their comparison.

Methods: We carried out determination of the eating habits of triathletes via a survey. Eleven triathletes on various performance levels participated in the survey. We ascertained in particular the amount of kJ, carbohydrates and volume of liquids intake during a race, the average of kJ, carbohydrates and volume of liquids intake per 1 hour of the race, the average of carbohydrates intake per 1 kg of the racer weight and 1 hour of the race, and then we compared these data with the recommended values. According to the recommended values and products of selected manufacturers, we prepared three diets with a schedule so that they suited sportsmen of 80 kg in weight who can finish the race under 5 hours.

Results: 2 racers complied with the recommended values of kJ intake, 5 racers exceeded these values and 4 racers did not reach the values. 4 racers complied with the recommended values of carbohydrates intake, whereas 2 racers exceeded these values and 5 racers did not reach the values. The two fastest racers exceeded the values; on the other hand, the two slowest racers did not reach the values. A diet prepared from Enervit products complying with the recommended amount of carbohydrates intake also complied with the recommended amount of kJ, but diets from Nutrend and Penco products exceeded this value. Financial costs of sports nutrition by various brands significantly differ.

Key words: triathlon, race, nutrition, survey, diet, food supplements