



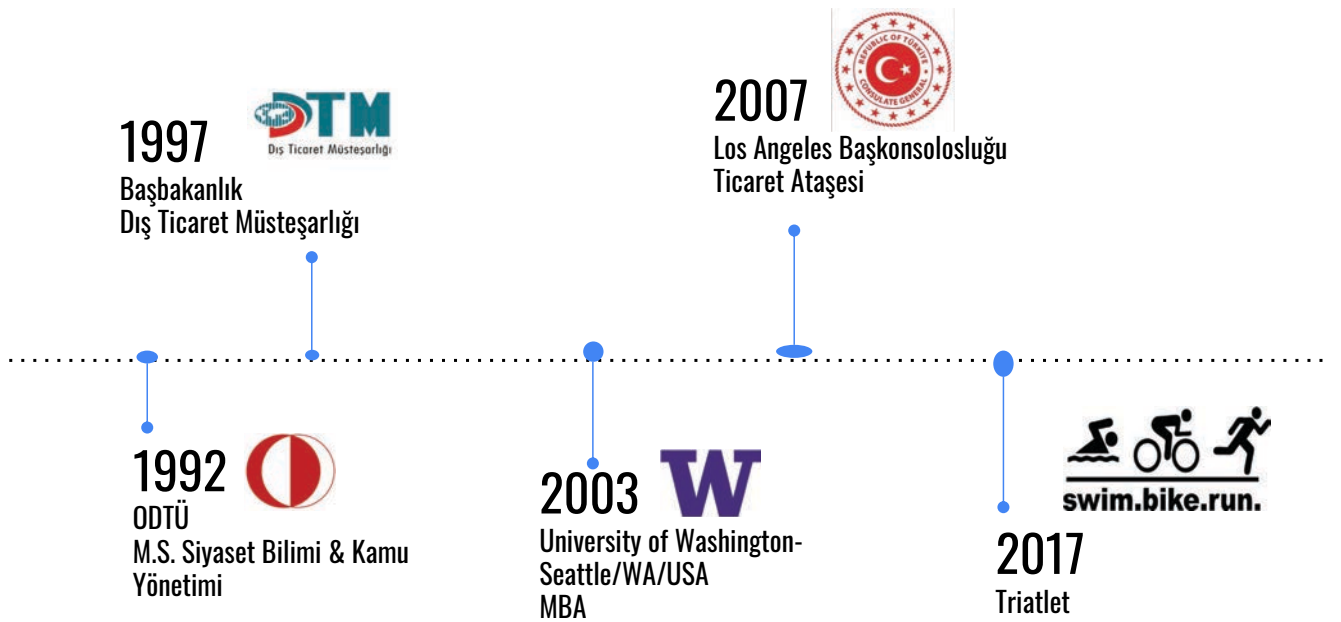
Bir Ironman (140.6) Sporcusunun Gözüyle Beslenme Başarı & Zorluklar

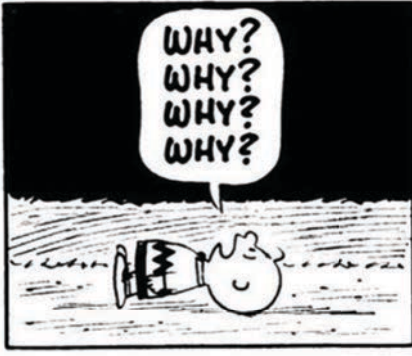
Selen Eryüce

25 Mayıs 2025



HAKKIMDA





NEDEN TRIATLON?

- Kavram olarak “liyakat” in pratikteki uygulaması
- Bireysel bir spor.
- Disiplin ve verilen emek 
- Subjektif deęerlendirmeler, ideolojik, kişisel/politik bağlantılar 

Yüzme



Bisiklet

Koşu

TRIATLON YARIŞI MESAFELERİ

NAME	SWIM DISTANCE	BIKE DISTANCE	RUN DISTANCE
Super Sprint Triathlon	400 meters	10 km	2.5 km
Sprint Triathlon	750 meters	20 km	5 km
Standard Distance Triathlon	1500 meters	40 km	10 km
Middle Distance Triathlon	2.5 km	80 km	20 km
Long Distance Triathlon	4 km	120 km	30 km
Ironman Distance Triathlon	3.8 km	180 km	42 km



2.4 Miles
3.800 m

112 Miles
180 km

26.2 Miles
42.2 km



IRONMAN

1980s



BUGÜN



**Triatlon
Türkiye Yaş Grubu
Şampiyonu
2021 & 2022**



16 EYLÜL 2023 ITALY EMILIA ROMAGNA IRONMAN 140.6



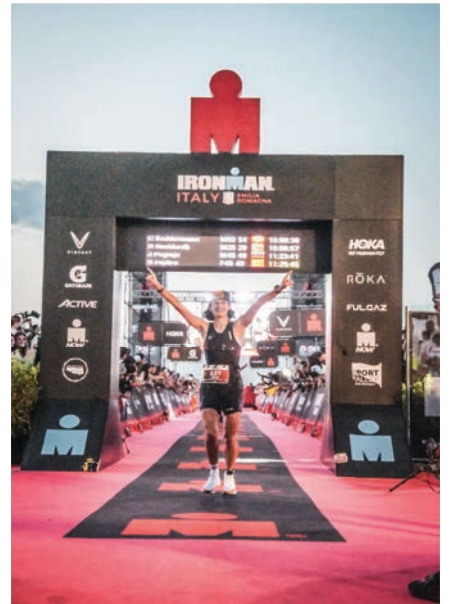
Time: 11:25:45

Age Group 7/31

Gender Rank: 51/241

İlk Ironman mesafem

2024 Nice/Fransa “Kadınlar Dünya Şampiyonası”na slot hakkı.



2 KASIM 2024 FLORIDA IRONMAN 140.6



Time: 11:13:41

Age Group 1/44 (50-54)

Gender Rank: 40/327

Overall: 182/1,490

2. Ironman mesafem.

2025 Kona/Hawaii "Kadınlar Dünya Şampiyonası"na slot hakkı.



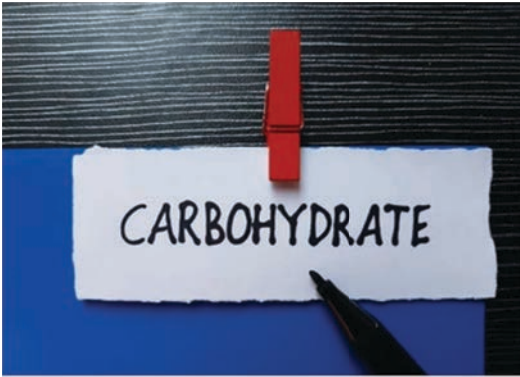
Haftada 13-20 saat, bazı günler çift antrenman

22	23	24	25	26	27	Today 28
Endurance 24x100 A 0:55:54 3024 m ✓ 75 sTSS 300 ısınma 4x50 drill 1- 3 sağ kol/3 sol kol 2- 25 süpürme/ 25 yüzme 2x50 tahtalı ayak 24x...	TTE - 2 1:15:00 ✓ 23.7 km 72 TSS	interval 1:13:43 ✓ 15.0 km 102 rTSS 4x400 6x1000	Endurance Base 3 1:35:01 ✓ 27.0 km 77 TSS Düşük aerobik bölgede kalarak antrenmanlarda vücudu yağ yakımına teyyik ederek glikojen depolarm...	Tempo Run 1:04:07 ✓ 13.0 km 91 rTSS 3K Z1 2K Z2 7K Z3 - 1K Z1	Endurance BuildLong 4 with Threshold 3:32:08 ✓ 83.9 km 174 TSS Dışarda süreceksen 3:30 saat if 0.65-0.70 arası bitirmemiz gerekiyor. Sonda 3x10 if 0.90	z1/2 1:51:00 ✓ 18.3 km 113 rTSS
		Endurance / IM pace 100s A 0:48:53 2736 m ✓ 72 sTSS 400 warm up 2x100 tahtalı ayak 4x50 drill I. 25 yumruk, 25 yüzme II. 25 Tarzan, 25 yüzme III...		Need for Speed 50s AB 0:42:45 2400 m ✓ 64 sTSS 400 ısınma 4x50 drill 1. 3 sağ- 3 sol kol 2. 6-1-6 drili (6 yan ayakta 1 kol değiştir ve diğer...	z2/3 0:39:41 8.02 km ✓ 53 rTSS	

ANTRENMAN BESLENMESİ



Antrenman Öncesi



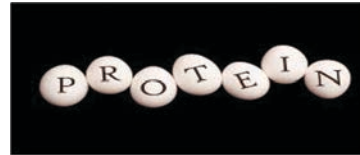
Antrenman Süresince (> 2 saat)



Iso Drink		
Serving Size: 1 serving (30 g) Serving Per Container: 50		
	100 g	1 serving (30 g)
Energy	1572 kJ / 370 kcal	437 kJ / 103 kcal
Total Fat	0 g	0 g
Saturated Fat	0 g	0 g
Total Carbohydrates	86 g	26 g
Sugars	5.5 g	1.6 g
Dietary Fiber	0 g	0 g
Protein	0 g	0 g
Salt	2.54 g	0.75 g
Magnesium	495 mg	150 mg
Potassium	495 mg	150 mg
Calcium	330 mg	100 mg

Dietary supplement. Ingredients: maltodextrin, salt, citric acid, aroma, tripotassium citrate, trimagnesium citrate, tricalcium citrate, natural aroma, sweetener: sucralose. Net quantity: 1500 g.

Antrenman Sonrası



Enerji ve Besin Öğeleri		30 porsiyon/30 servings
Supplement Facts		Porsiyon 1 ölçektir (30 g)/Serving size 1 scoop (30 g)
	100 g toz üründe %BRD	Porsiyonda (30 g) %BRD
	100 g powder %RDA	Amount per serving %RDA
Enerji/Calorie	399 kcal(1689 kJ)	120 kcal (507 kJ)
Yağ/ Fat	5.9 g	1.8 g
Doymuş yağ/Saturated Fat	2.0 g	0.6 g
Karbonhidrat/Carbohydrate	4.5 g	1.3 g
Şekerler/Sugars	4.5 g	1.3 g
Protein/Protein	82.0 g	24.6 g
Tuz/Salt	0.5 g	0.15 g
Vitamin B6/Vitamin B6	4.7 mg %336	1.4 mg %100

*%BRD, Beslenme Referans Değerlerini göstermektedir. Belirlenen Beslenme Referans Değerleri dört yaş ve üzeri sağlıklı bireyler için geçerlidir.
*%RDA, means Recommended Daily Allowance.



DIY (Do It Yourself)

Maltodextrin



Bonking/Hit the Wall Duvara Çarpma





Yüzmeden önce:
1 jel (25gr carb)

Yüzmeden sonra:
1 jel (25gr carb)

Toplam: 50gr carb
(200 kcal)

Bisiklet:

Her 1 saat için

- 80-120 gr carb (drink mix)
- 600-700 mg sodium

Toplam: 540 gr carb (2000 kcal)

Koşu:

-Her 5 km'de 1 jel (25gr carb),
son 20km'de jeller kafeinli..

Toplam: 210 gr carb (800 kcal)



11:14:06



1:19:36
2:03 /100m



6:37.1
6.6 kph



5:31:25
32.7 kph



3:51.4
3.3 kph



4:12:36
5:58 /km

227.57 km
Distance

11:14:06
Time

20.3 kph
Avg Speed

1,057 m
Total Ascent

4,823
Calories

INPUT	YAKILAN
3,000 kcal	4,823 kcal



Nutrition Facts	
14 servings per box	
Serving size 1 sachet 2.8oz.(80g)	
Amount per serving	
Calories	320
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 79g	29%
Dietary Fiber 1.7g	6%
Total Sugars 33g	
Includes 33g Added Sugars	66%
Protein 0g	
Vit.D 0mcg 0%	Calcium 0mg 0%
Iron 0mg 0%	Potassium 0mg 0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Ingredients

- Maltodextrin
- Fructose
- Gelling agent(Sodium alginate, Pectin, Sodium Bicarbonate)
- Salt



Nutrition Facts	
48 servings per box	
Serving size 1 sachet 1.4oz.(40g)	
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 25g	9%
Dietary Fiber 0g	0%
Total Sugars 25g	
Includes 25g Added Sugars	50%
Protein 0g	
Vit.D 0mcg 0%	Calcium 6mg 1%
Iron 0mg 0%	Potassium 0mg 0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Fruktoz ve glukoz karışımı
(oran 0.8:1)
Saatte 100 grama kadar
karbonhidrat alımına olanak
sağlıyor.

- Water
- Glucose
- Fructose
- Gelling Agent: Sodium Alginate
- Gelling Agent: Gluconic acid
- Gelling Agent: Calcium Carbonate



11 Ekim 2025



13 Temmuz 2025



ANYTHING IS
POSSIBLE

TEŞEKKÜRLER...

 : seleneryuce

