

(1)

| Day | Time | Duration | Food | Drink | Extra | Listerine | Goggles | Drugs |
|----------|------------------------|----------|----------------------------------|----------------------------|-------------|-----------------------|---------------------------|-----------|
| ✓ Sunday | 11:00 ³ | 0 | - | - | - | | Start with tinted goggles | |
| ✓ Sunday | 11:30 | 0.5 | | Water + CarboPro + Cordial | | | | |
| ✓ Sunday | 12:00 ^{12:30} | 1 | Almond Butter | Water + CarboPro + Cordial | | | | |
| ✓ Sunday | 12:30 | 1.5 | | Water + CarboPro + Cordial | | | | |
| ✓ Sunday | 13:00 | 2 | Chocolate waffle | Water + CarboPro | Coconut Oil | | | |
| ✓ Sunday | 13:30 | 2.5 | | Water + CarboPro + Cordial | | | | |
| ✓ Sunday | 14:00 ^{2:30} | 3 | Banana ^{1/2 banana} | Water + CarboPro + Cordial | | Gargle with Listerine | | |
| ✓ Sunday | 14:30 | 3.5 | | Water + CarboPro + Cordial | | | | |
| ✓ Sunday | 15:00 | 3:30 | 4 Hazlenut butter | Water + CarboPro | Honey | | | Ibuprofen |
| ✓ Sunday | 15:30 | 4 | 4.5 | Water + CarboPro + Cordial | | | | ↓ |
| ✓ Sunday | 16:00 | 4:30 | 5 GU Energy Gel (No Caffine) | Water + CarboPro + Cordial | | Gargle with Listerine | | |
| ✓ Sunday | 16:30 | 5 | 5.5 | Water + CarboPro + Cordial | | | | |
| ✓ Sunday | 17:00 | 5:30 | 6 Snickers normal | Water + CarboPro | Coconut Oil | | | |
| ✓ Sunday | 17:30 | 6 | 6.5 | Water + CarboPro + Cordial | | | | |
| ✓ Sunday | 18:00 | 6:30 | 7 GU Energy Chews | Water | | Gargle with Listerine | Swich to clear goggles | |
| ✓ Sunday | 18:30 | 7 | 7.5 | Water + CarboPro + Cordial | | | | |
| ✓ Sunday | 19:00 | 7:30 | 8 Hazlenut Vanilla Butter - Muir | Water + CarboPro | Coconut Oil | | | Ibuprofen |
| ✓ Sunday | 19:30 | 8 | 8.5 muir | Water + CarboPro + Cordial | | | | |
| ✓ Sunday | 20:00 | 8:30 | 9 Cocolate waffle | Water + CarboPro + Cordial | | Gargle with Listerine | | |
| ✓ Sunday | 20:30 | 9 | 9.5 | Water + CarboPro + Cordial | | | | |
| ✓ Sunday | 21:00 | 9:30 | 10 Hazlenut butter | Water + CarboPro | Honey | | | |
| ✓ Sunday | 21:30 | 10 | 10.5 | Water + CarboPro + Cordial | | | | |
| ✓ Sunday | 22:00 | 10:30 | 11 Fruit Mix | Water + CarboPro + Cordial | | Gargle with Listerine | | |
| ✓ Sunday | 22:30 | 11 | 11.5 | Coke | | | | |
| ✓ Sunday | 23:00 | 11:30 | 12 Snickers almond | Water + CarboPro | Coconut Oil | | | Ibuprofen |
| ✓ Sunday | 23:30 | 12 | 12.5 | Water + CarboPro + Cordial | | | | |

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| ✓ Monday | 0 0:00 | 13 | Banana | Water + CarboPro + Cordial | | Gargle with Listerine | |
| ✓ Monday | 1 0:30 | 13.5 | | Coke | | | |
| ✓ Monday | 30 1:00 | 14 | Cashew Vanilla Butter - Muir | Water + CarboPro | Honey | | Tylenol |
| ✓ Monday | 2 1:30 | 14.5 | | Water + CarboPro + Cordial | | | |
| ✓ Monday | 30 2:00 | 15 | Milkyway | Water + CarboPro + Cordial | | Gargle with Listerine | |
| ✓ Monday | 3 2:30 | 15.5 | | Coke | | | |
| ✓ Monday | 30 3:00 | 16 | GU Energy Gel (Caffine) | Water + CarboPro | Coconut Oil | | Ibuprofen |
| ✓ Monday | 4 3:30 | 16.5 | | Water + CarboPro + Cordial | | | |
| ✓ Monday | 30 4:00 | 17 | Almond Butter | Water + CarboPro + Cordial | | Gargle with Listerine | |
| ✓ Monday | 5 4:30 | 17.5 | | Coke | | | |
| ✓ Monday | 30 5:00 | 18 | GU Energy Gel (Caffine) | Water + CarboPro | Honey | | Tylenol |
| ✓ Monday | 6 5:30 | 18.5 | | Water + CarboPro + Cordial | | | |
| ✓ Monday | 30 6:00 | 19 | Yogurt | Water + CarboPro + Cordial | | Gargle with Listerine | Switch to tinted goggles |
| ✓ Monday | 7 6:30 | 19.5 | | Water + CarboPro + Cordial | | | |
| ✓ Monday | 30 7:00 | 20 | Fruit Mix | Water + CarboPro | Coconut Oil | | Ibuprofen |
| ✓ Monday | 8 7:30 | 20.5 | | Water + CarboPro + Cordial | | | |
| ✓ Monday | 30 8:00 | 21 | Smoothie mix | Water | | Gargle with Listerine | Reapply Desitin and Vaseline. |
| ✓ Monday | 9 8:30 | 21.5 | | Water + CarboPro + Cordial | | | Give me surgical glove |
| ✓ Monday | 30 9:00 | 22 | GU Energy Chews | Water + CarboPro | Honey | | Tylenol |
| ✓ Monday | 10 9:30 | 22.5 | | Water + CarboPro + Cordial | | | |
| ✓ Monday | 30 10:00 | 23 | Snickers almond | Water + CarboPro + Cordial | | Gargle with Listerine | |
| ✓ Monday | 11 10:30 | 23.5 | | Water + CarboPro + Cordial | | | |
| ✓ Monday | 30 11:00 | 24 | GU Energy Chews | Water + CarboPro | Coconut Oil | | Ibuprofen |
| ✓ Monday | 12 11:30 | 24.5 | | Water + CarboPro + Cordial | | | |
| ✓ Monday | 30 12:00 | 25 | Almond Butter | Water + CarboPro + Cordial | | Gargle with Listerine | |
| ✓ Monday | 1 12:30 | 25.5 | | Water + CarboPro + Cordial | | | |
| ✓ Monday | 30 1:00 | 26 | Hazelnut Vanilla Butter - Muir | Water + CarboPro | Honey | | Tylenol |

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| Monday | 2:20 | 26.5 | | Water + CarboPro + Cordial | | | | |
| Monday | 3:00 | 27 | Banana | Water + CarboPro + Cordial | | Gargle with Listerine | | |
| Monday | 3:20 | 27.5 | | Water + CarboPro + Cordial | | | | |
| Monday | 3:25 | 28 | Hazlenut butter | Water + CarboPro | Coconut Oil | | | Ibuprofen |
| Monday | 4:30 | 28.5 | Coke | Water + CarboPro + Cordial | | | | |
| Monday | 5:00 | 29 | GU Energy Gel (No Caffine) | Water + CarboPro + Cordial | power aid | Gargle with Listerine | | Advil |
| Monday | 5:30 | 29.5 | | Water + CarboPro + Cordial | | | | |
| Monday | 6:00 | 30 | Yogurt | Water + CarboPro | Honey | | | Tylenol |
| Monday | 6:20 | 30.5 | | Water + CarboPro + Cordial | | | | |
| Monday | 18:00 | 31 | GU Energy Chews | Water | | Gargle with Listerine | Switch to clear goggles | |
| Monday | 18:30 | 31.5 | | Water + CarboPro + Cordial | | | | Asprin |
| Monday | 19:00 | 32 | Hazelnut Vanilla Butter - Muir | Water + CarboPro | Coconut Oil | | ice | Ibuprofen |
| Monday | 19:30 | 32.5 | | Water + CarboPro + Cordial | | | | |
| Monday | 20:00 | 33 | Smoothie mix | Water + CarboPro + Cordial | | Gargle with Listerine | | |
| Monday | 20:30 | 33.5 | | Water + CarboPro + Cordial | | | ice | |
| Monday | 21:00 | 34 | GU Energy Gel (Caffine) | Water + CarboPro | Honey | | | Tylenol |
| Monday | 21:30 | 34.5 | | Water + CarboPro + Cordial | | | ice | |
| Monday | 22:00 | 35 | Banana | Water + CarboPro + Cordial | | Gargle with Listerine | Yoghurt + Gu | |
| Monday | 22:30 | 35.5 | | Coke | | | ice | |
| Monday | 23:00 | 36 | Cashew Vanilla Butter - Muir | Water + CarboPro | Coconut Oil | | | Ibuprofen |
| Monday | 23:30 | 36.5 | | Water + CarboPro + Cordial | | | ice | |
| Tuesday | 0:00 | 37 | GU Energy Gel (Caffine) | Water + CarboPro + Cordial | | Gargle with Listerine | | |
| Tuesday | 0:30 | 37.5 | | Coke Poweraid + ice | | | ice | |
| Tuesday | 1:00 | 38 | Cashew Vanilla Butter - Muir | Water + CarboPro | Honey | | | Tylenol |
| Tuesday | 1:30 | 38.5 | | Water + CarboPro + Cordial | | | | |
| Tuesday | 2:00 | 39 | GU Energy Gel (Caffine) | Water + CarboPro + Cordial | power aid | Gargle with Listerine | | |
| Tuesday | 2:30 | 39.5 | | Coke | | | | |