## The Feed. CYCLING NUTRITION

Pre-Fueling
Ah, the carb-loaded breakfast. ..............................
The cyclist's best friend and
secret weapon. You see, for us
pedal-pushers, feasting on a
bountiful spread of
carbohydrates in the morning is
like filling our tanks with high-
octane rocket fuel for the day
ahead. Carbs, dear friends, are
the trusty steeds that carry us
through endurance feats and
uphill battles alike.
By indulging in a carb-centric
breakfast, we recharge our
glycogen stores - those
precious energy vaults within
our muscles and liver. With this
carbohydrate treasure trove at
our disposal, we can ride like
the wind, stave off fatigue, and
conquer any terrain that dares
to challenge us.


## Carbohydrates

Hey there, fellow cyclists! If you're planning to ride for more than an hour, it's essential to keep your body properly fueled. Our muscles and livers store glycogen as a primary energy source for endurance activities, but they can only hold enough for around an hour of intense exercise.

That's where carbohydrates come to the rescue! When consumed, carbs are broken down and converted into glycogen, though it's not an instant process. So, for rides under three hours with moderate intensity, aim to consume 40-60 grams of carbs per hour. If you're tackling more challenging efforts or cycling for over three hours, go for 60-90 grams of carbohydrates per hour.

See guide below for more details.

## Training or Racing Duration (Carbohydrates)

|  | 45 min | $\begin{gathered} 45 \mathrm{~min}-1.5 \\ \mathrm{hrs} \end{gathered}$ | $\begin{gathered} >1.5 \mathrm{hrs}-3 \\ \mathrm{hrs} \end{gathered}$ | 3+ hrs |
| :---: | :---: | :---: | :---: | :---: |
| High <br> (Unable to talk, out of breath, going for that PR, heart beating fast) | 30 grams of carbohydrate $\times 2$ | 60 grams of carbohydrate $\times 2$ servings | 60-80 grams of carbohydrate per hour (push toward 90+if you can!) | 60-80 grams of carbohydrate per hour (push toward 90+ if you can!) |
| Medium | 30 grams of carbohydrate 5-10 minutes before the start | 30 grams of carbohydrate $\times 2$ | $45-60$ grams of carbohydrate per hour | 60 grams of carbohydrate per hour |
| Low (Conversational pace, smiling and having a great time) | No fuel needed during | 30 grams of carbohydrate | 45 grams of carbohydrate $\times 2$ servings | 30-45 grams of carbohydrate per hour |

## Nutrition Tip

Our guts are highly maliable. Athletes can train their guts in as little as $5-10$ weeks. It may be best to pick one longer training session per week, or the training that is closest to the race the athlete is preparing for and use this to practice the race nutrition intake.

## Hydration



We always hear people talking about hydration, how much you should drink, if water is enough to hydrate your body - the list goes on and on! The truth is, if you are going to be out riding you will need more than just water to keep you hydrated. Now, the amount of fluids you need will vary greatly on things such as exertion level, climate, if you are a heavy sweater, and even altitude. Once you lose about $2 \%$ of your body weight to dehydration, you will begin to see significant performance declines and even mental fog. However, there is no need to worry because there are several great tactics to prevent this. First, make sure you are replenishing whatever fluids you lost during training throughout the remainder of your day. Next, you should alway have a bottle of fluids with you when training, we recommend consuming 16-24 oz. of fluid per hour. Finally, you can weigh yourself before and after training to gauge how much fluid you lost during any given training session.


## Training or Racing Duration (Hydration)

|  | 45 min | $\begin{gathered} 45 \mathrm{~min}-1.5 \\ \mathrm{hrs} \end{gathered}$ | $\begin{gathered} >1.5 \mathrm{hrs}-3 \\ \mathrm{hrs} \end{gathered}$ | 3+ hrs |
| :---: | :---: | :---: | :---: | :---: |
| High <br> (Unable to talk, out of breath, going for that PR, heart beating fast) | Water + 1 serving of medium concentration electrolyte mix | Water + 2 <br> servings <br> medium <br> concentration <br> electrolyte mix | Water + 1 serving of medium to high <br> concentration electrolyte mix per hour | Water + 1 serving of medium to high <br> concentration electrolyte mix per hour |
| Medium | Water + 1 serving of low concentration electrolyte mix (lower) | Water + 1 serving of medium concentration electrolyte mix | Water + 2 <br> serving of medium concentration electrolyte mix | Water + 1 serving of medium concentration electrolyte mix per hour |
| Low <br> (Conversational pace, smiling and having a great time) | Water only | Water + 1 <br> serving of low <br> concentration <br> electrolyte <br> mix (lower) | Water + 2 <br> servings of low <br> concentration <br> electrolyte mix | Water + 1 <br> serving of low concentration electrolyte mix per hour |

## Gut Health

Let's talk about the importance of gut health. A balanced and happy gut contributes to a healthy body. With the right combination of gut bacteria, we experience better digestion, more efficient infectionfighting, and even improved mental clarity. Essentially, gut health plays a vital role in our overall wellbeing.

To support your gut, indulge in a diverse diet of fruits, vegetables, beans, legumes, and fermented foods. These nourishing options feed your existing bacteria while introducing beneficial new strains. And for an extra boost, consider exploring probiotic supplements. These act as a preventative measure to keep you healthy.

So, gear up for your next ride with a well-nourished gut and enjoy the benefits of improved overall health. Happy cycling!


Our team of Sports Nutrition Coaches are ready to help you conquer your next adventure. To book a free consultation email coaching@thefeed.com

