

**The Feed.**



# ***CYCLING NUTRITION 101***

## ***CARBS + HYDRATION***



# 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. These athletes have a curiosity to explore the full range of what they're athleticism can achieve. They want it all, and they want it awesome.



# 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.

INTENSITY

TRAINING OR RACING DURATION				
	45 MIN	45 MIN — 1.5 HOURS	1.5 - 3 HOURS	3+ HOURS
HIGH	30g of carbs x2	60g of carbs x2	60-80g of carbs per hour <i>(aim for 90+ if you can)</i>	60-80g of carbs per hour <i>(aim for 90+ if you can)</i>
MEDIUM	30g of carbs 5-10min before the start	30g of carbs x2	45-60g of carbs per hour	60g of carbs per hour
LOW	No Fuel needed during	30g of carbs	45g of carbs x2	30-45g of carbs per hour

## Nutrition Tip

Our guts are highly malleable. 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 always 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				
INTENSITY	45 MIN	45 MIN – 1.5 HOURS	1.5 - 3 HOURS	3+ HOURS
	Water + 1 serving of <b>medium</b> concentration electrolyte mix	Water + 2 servings of <b>medium</b> concentration electrolyte mix	Water + 1 serving of <b>medium to high</b> concentration electrolyte mix per hour	Water + 1 serving of <b>medium to high</b> concentration electrolyte mix per hour
	Water + 1 serving of <b>low</b> concentration electrolyte mix	Water + 1 serving of <b>medium</b> concentration electrolyte mix	Water + 2 servings of <b>medium</b> concentration electrolyte mix	Water + 1 serving of <b>medium</b> concentration electrolyte mix per hour
	Water only	Water + 1 serving of <b>low</b> concentration electrolyte mix	Water + 2 servings of <b>low</b> concentration electrolyte mix	Water + 1 serving of <b>low</b> concentration electrolyte mix per hour
<div><div></div><div>16oz water for workouts &lt; 60 min</div></div> <div><div></div><div>16-24oz water/hr for workouts &gt;60min</div></div>				



# 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 infection-fighting, and even improved mental clarity. Essentially, gut health plays a vital role in our overall well-being.

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.



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

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***“THE FIRST THING YOU  
SHOULD DO REGARDING  
NUTRITION IS TO ADMIT TO  
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MATTERS.”***

