The (nutritional) lead in to

Tour de Rocks

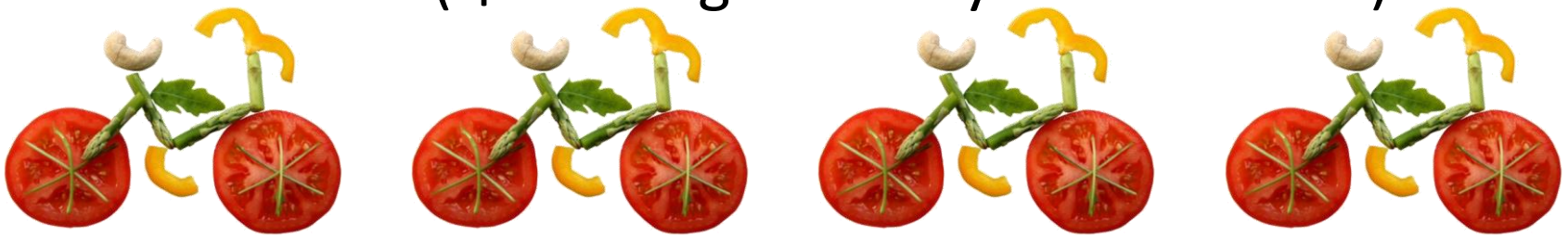
Building up fuel stores

- Takes more than simply eating a high carbohydrate meal the night before the ride!

- You need to fuel up over the previous 2 days Tuesday and Wednesday (22nd & 23rd) by **eating regular high carbohydrate meals and snacks**

Carbohydrate loading

- Regimen will involve 2 days of:
  - Carbohydrate intake of 8 - 12g/kg body weight /day
  - Tapered exercise (this lets your muscles store the fuel instead of burning it up)
- Likely to gain about 1-2kg over loading period
  - Reinforcement that glycogen stores have significantly increased (↑ in weight mainly due to water)



Example one day menu

70kg male cyclist will need 560-840g CHO/day

Breakfast

75g CHO

+

30g CHO

+

15g CHO

Snack

15g CHO

+

30g CHO

Example one day menu

70kg male cyclist will need 560-840g CHO/day

Lunch

90g CHO

+

30g CHO

+

45g CHO

Snack

75g CHO

Example one day menu

70kg male cyclist will need 560-840g CHO/day

Dinner

60g CHO

+

+

60g CHO

Supper

30g CHO

Carbohydrate loading

- Refined carbohydrates can make it easier to meet the higher carbohydrate requirements



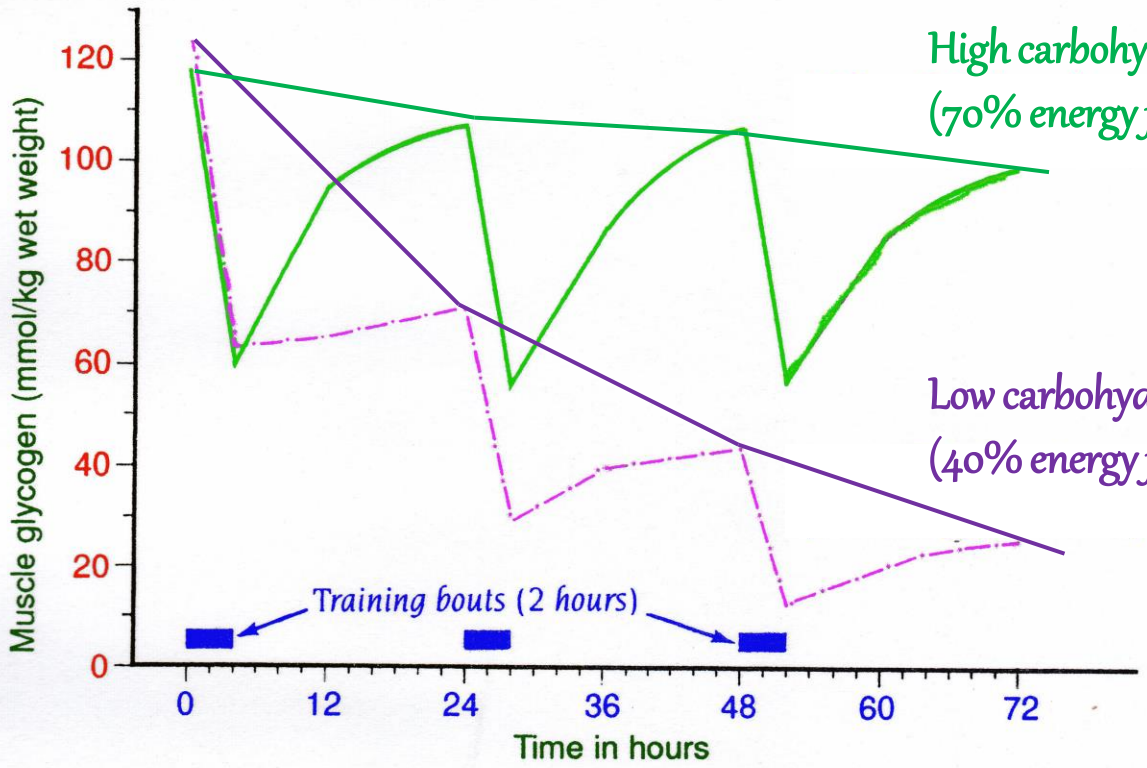
- Lower fibre foods may make it easier to tolerate larger quantities
- Drinks are also an easy way to ↑ carb intake




Why does carbohydrate loading make such a big difference?

Low vs high carbohydrate intake

Figure 5.1 Daily recovery from prolonged exercise



High carbohydrate diet
(70% energy from CHO)

Low carbohydrate diet
(40% energy from CHO)

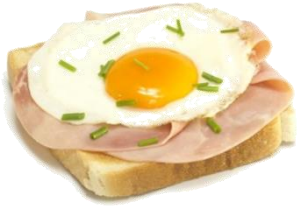
Prolonged daily exercise sessions gradually lead to low glycogen levels when the typical Australian diet (low-carbohydrate) is eaten. Switching to a high-carbohydrate diet helps to promote daily ecovery of muscle glycogen stores.

Source: D. L. Costill and J. M. Miller, *International Journal of Sports Medicine* 1, 12–14, 1980

Low carbohydrate intake

45g CHO/day

Breakfast


+


Morning tea


+


Lunch


+


Afternoon tea


+


Dinner




High carbohydrate intake

405g CHO/day

Breakfast


+

+


Afternoon tea

Morning tea

+


Dinner


+


Lunch


+


Supper

+





Summary

- Taper off your training – don't ride for the two days before Tour de Rocks

- Eat and drink regular (2-3 hourly) meals and snacks that are:

  -high in carbohydrate

  -low in fat

  -high in liquid

  and contain some protein

What should you eat

before the big ride

on the morning of 24th April?

Nutrition before the big ride

WHEN should I eat?

- Try to have a high carbohydrate meal 2 hours before the start

- Have a light, high carbohydrate snack 1 hour before the start

Nutrition before the big ride

WHAT should I eat?

- A pre-tour meal or snack should be:
  - High in carbohydrate
  - Low in fat
  - Easy to digest
  - Provide adequate amounts of fluid
  - Include food and drinks that are familiar and enjoyable

Nutrition lead in to the big ride

Breakfast ideas

Porridge with low fat milk and fruit juice

Baked beans/spaghetti on toast with a glass of milk

Muesli/cereal with fruit, yoghurt and milk

Nutrition before riding

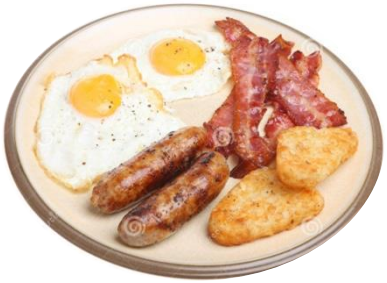
What if you don't feel hungry or don't have time before riding?

- Liquids may seem more appealing!
- High carbohydrate liquids for an alternative snack ½ - 1 hour before riding:
  - Sports drinks
  - Fruit smoothie
  - Juice
  - Glass of milo (low fat milk)

What NOT to eat before riding

- **High fat foods**
  - Sit in your stomach for a long time and can make you feel nauseous





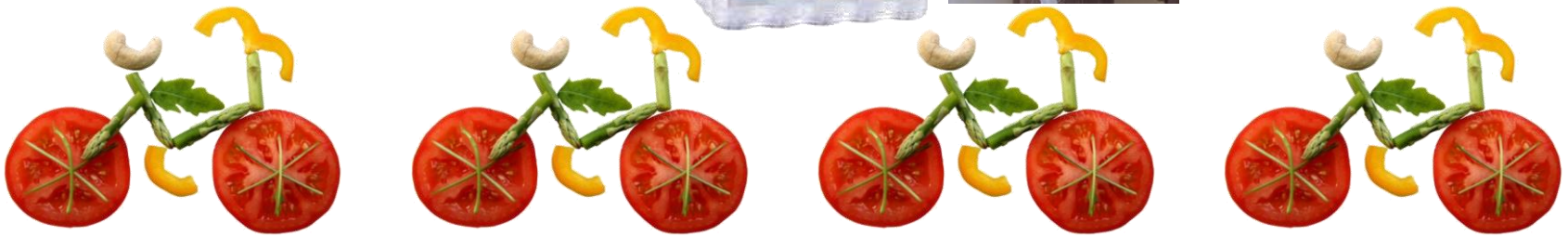

- **Very large meals**
  - Riding on a full stomach may make you feel unwell

What NOT to eat before riding

- **Low carbohydrate snacks**
  - Not a good source of energy



- **Excessive amounts of fluids**
  - May make you feel sluggish and need to go to the bathroom frequently



Hydration during the big ride

Why do I need more than water?

- To rehydrate us and replenish our electrolytes
- Provide us with carbohydrates to use as fuel

What could I have?

- Sports drinks
- High carbohydrate snacks
  - E.g. fruit (fresh or dried), muesli bars, sports gels, lollies

Hydration before, during and after riding

- Before
- 300-600mL with pre-training meal
  - 250- 300 in the 15-20 minutes before riding
- During
- Most athletes will tolerate 200-300mL every 15-20 minutes
- After riding
  - Need to drink enough to make your urine a pale lemon colour over the 2-4 hours after riding

Eat and drink right

so you can

enjoy your ride!