

Cycle Race Nutrition

**WEEKEND
WARRIOR**

CONTROLLED PACE
LONGER THAN 3.5 HOURS



www.32gi.com

Type of Feed: Food Solids



Drink 32Gi Hydrate to thirst along the route



PRE RACE

Have a proper pre-race meal 2 hours before race event. Hydrate before and sip on 32Gi Endure 60min before the start.

RACE START

Take 2 x 32Gi Chew blocks 10-15min before the start or a 25g Foodbar.

1st HOUR

@20min:
1 x 32Gi Chew block or a 25g Foodbar.
@40min:
2 x 32Gi Chew blocks or 1 x 25g Foodbar.

2nd HOUR

@60min:
1 x 32Gi Chew block or a 25g Foodbar.
@1hr20min:
2 x 32Gi Chew block or a 25g Foodbar.
@1hr40min:
1 x 32Gi Chew block or a 25g Foodbar.

3rd HOUR

@2hrs:
2 x 32Gi Chew block or a 25g Foodbar.
@2hr20min:
1 x 32Gi Chew block or half 25g Foodbar.
@2hr40min:
2 x 32Gi Chew block or a 25g Foodbar.

4th HOUR

@3hrs:
1 x 32Gi Chew block or half 25g Foodbar.
@3hr20min:
2 x 32Gi Chew block or a 25g Foodbar.
@3hr40min:
1 x 32Gi Chew block or half 25g Foodbar.

5th HOUR

@4hrs:
2 x 32Gi Chew block or a 25g Foodbar.
@4hr20min:
1 x 32Gi Chew block or half 25g Foodbar.
@4hr40min:
2 x 32Gi Chew block or a 25g Foodbar.

FINISH

Rehydrate with fluid and take in some much needed protein (32Gi Hydrate & 32Gi Recover).



Type of Feed: **Combination Feed (Liquid/Solid)**



Drink 32Gi Endure to thirst along the route



PRE RACE

Have a proper pre-race meal 2 hours before event. Hydrate before and sip on 32Gi Endure 60min before the start.

RACE START

Take 2 x 32Gi Chew blocks 10-15min before the start or a 25g Foodbar.

1st HOUR

@30min:
1 x 32Gi Chew block or a 25g Foodbar.

2nd HOUR

@60min:
2 x 32Gi Chew blocks or a 25g Foodbar.
@1h:30min:
1 x 32Gi Chew block or a 25g Foodbar.

3rd HOUR

@2hrs:
2 x 32Gi Chew blocks or a 25g Foodbar.
@2h:30min:
1 x 32Gi Chew block or a 25g Foodbar.

4th HOUR

@3hrs:
2 x 32Gi Chew blocks or a 25g Foodbar.
@3h:30min:
1 x 32Gi Chew block or a 25g Foodbar.

5th HOUR

@4hrs:
2 x 32Gi Chew blocks or a 25g Foodbar.
@4h:30min:
1 x 32Gi Chew block or a 25g Foodbar.

FINISH

Rehydrate with fluid and take in some much needed protein (32Gi Hydrate & 32Gi Recover).

