Cycle Race Nutrition

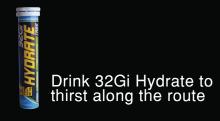
WEEKEND WARRIOR

CONTROLLED PACE

LONGER THAN 3.5 HOURS



Type of Feed: Food Solids

























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

@20min:

Foodbar.

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

@60min:

1 x 32Gi Chew block or a 25g Foodbar. @1hr20min:

2nd HOUR

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. @2h40min:

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. @4h40min:

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

before the start.

32Gi Endure 60min



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 25q 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 25q 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).

