

## ***Biking to the Viking - Sports Smarts Tips for High Energy Performance***

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Cyclists burn off a ton of energy and lose litres of fluids during long rides, so eating a balanced diet and staying hydrated are keys to a successful event. In order to perform your best and enjoy the ride, you need to know what and when to eat and drink to get through each 80 km ride. Developing a sport nutrition plan before heading out will be your road map to success!

### **What you should know:**

Your sensation of thirst always lags behind your body's need for fluid. Dowsing yourself with water or using sponges can help you feel cooler and provide a mental boost, but it doesn't help you stay hydrated. To stay hydrated you have to plan your hydration schedule in advance. Keeping fluid options on hand and making the appropriate stops along the way will provide huge payoffs.

Because your muscle energy stores are depleted after 60 minutes of aerobic of exercise, you will need more than just water. Carbohydrate containing foods and fluids, such as sport drinks, gels and bars along with jam/honey sandwiches, bananas, dried fruit and cereal bars can help you maintain fluid balance and refuel your muscles to the finish line. The key is to find what foods and fluids you like and tolerate, because if you like it, you'll eat it.

FOOD GROUP	NUMBER OF SERVINGS FOR ACTIVITY LEVEL (Adults)		
	Low-Moderate	Moderate to High	Endurance
<b>Vegetables &amp; Fruit</b> <i>Serving Size:</i> ½ cup fruit, veggies or juice. 1 medium fruit or vegetable. Choose dark green and orange vegetables; <i>"Natures Vitamin Pill"</i>	6-7	8-14+	15+
<b>Grain Products</b> <i>Serving Size:</i> 1 slice bread, ½ cup cooked rice/pasta, ¾ cup cereal (energy foods)	6-7	8-14+	15+
<b>Milk Products</b> <i>Serving Size:</i> 1 cup milk or soy bev., ¾ cup yogurt, 1 ½ oz cheese Choose lower fat milk products more often. Protein and carbs in chocolate milk make it a great recovery drink! (High source of calcium)	3	3-4	4-6
<b>Meat &amp; Alternatives</b> <i>Serving Size:</i> 1-2 eggs, 50-100g meat, fish, poultry, ½-1cup legumes (High source protein)	2-3	2-3	3-4

### **The Week Before**

- Check out the forecast, humidity index
- Have equipment and gear checked
- Plan your “on the road” portable menu – make a list and pack your bag
- Review the map for fuel/hydration and bathroom stops
- You should have been practicing good nutrition all along!
- 24-36 hours of light to no training may be of benefit to those of you training “hard core” in order to fully stock your carbohydrate stores

### **The Day Before**

- Double check your equipment/gear, bag, food/fluids
- Ensure a healthy eating day – high carbohydrate, moderate protein, lower fat diet with adequate fluids
- Do not eat or drink any new foods. You don’t want to have to stay next to the toilette on the day of the event
- Get a good nights sleep to keep up mental focus and motivation

### **The Day Of**

- To avoid low stores in later stages of the ride eat carbohydrate early on. Aim for 30 – 60 grams of carbohydrate per hour of exercise. You will want to bring a variety of solid and liquid forms as you may tolerate one better than the other at different stages. If the event takes place under hot conditions, make sure you have water and add sodium/carbohydrate sources for fluid and energy balance.

#### ***Examples of 50 grams of carbohydrate:***

- 750-1000 ml sport drink
- 2 carbohydrate gels (should drink 6-8 oz water per gel)
- 2 cereal bars
- 3 medium fruit
- 500 ml chocolate milk
- 1 jam sandwich

### **Pre-Event Meal Guide**

- Eating before the event will provide you with fuel, delay hunger and provide a sense of well-being. The longer the time you give yourself between eating and exercise, the more you can eat!
- This is the time to stock your carbohydrate and fluid stores. You want to eat so that your stomach feels comfortable during the cycle. The following are suggestions you can use as a guide. The best approach is to experiment in training.

#### ***Pre-Event Meal Ideas:***

- Breakfast cereal with skim milk, fruit, bagel and juice
- Low fat muffin, fruit, yogurt and water
- Pancakes, syrup, fruit and milk/yogurt
- Liquid meal (meal replacement or homemade fruit smoothie)

#### ***Pre-Event Snack Ideas:***

- Cereal bar
- Fruit
- Yogurt
- Bagel
- Sports bar
- Sports drink
- Dried fruit/cereal mix

## Event Meal Guide

- Rest stops range from 8-15 km apart. So, depending on how long you take to get there, the weather conditions and your own sweat rate, you should take advantage of each stop as well as have your own emergency stash. For some of you, this event may take 6 hours, while others may be done in two hours. You need to focus on your own individual needs.

## Hydration Guide

*What you physically tolerate is your key to success*

### Pre Event & Rest Stops:

1 gulp of fluid for an adult and 2 gulps for a child = ~1 oz

- Drink 20 oz of fluid 2 hours before the event.
- Drink another 7-10 oz 10-20 minutes before you ride.
- Aim for one to two gulps every 15-20 minutes.

Consuming carbohydrate and sodium is important. Only consuming water over the duration of this event for some of you can lead to hyponatremia – over-hydration.

- 1 medium fruit, 1 cereal bar, 1 sport gel, 8 oz sport drink equal ~15-25 grams of carbohydrate.
- Aim for 30-60 grams of carbohydrate per hour of exercise.
- Include salt in your food or sport drink.

### Lunch Stop:

Aim for high carbohydrate, low-moderate protein and low fat (skip the dressing or limit the amount). Since you will be eating carbohydrate and sodium, a sports drink is not necessary, but not harmful either. You should include fluid at this time. Chew your food well to assist with digestion. Eating too quickly can put a halt on your ride.

### Arrival in Gimli/Stonewall:

Aim for 16-20 oz of fluid and 30-60 grams of carbohydrate to start your recovery. The first 15-30 minutes is an optimal time to re-stock your glycogen stores... muscle and mental recovery! Enjoy supper, but don't forget you need to refuel, hydrate and rest for tomorrow!

## Recovery Meal Guide

If you want to get out there and do it all again tomorrow (yes, there is a tomorrow!), you better start your recovery nutrition plan. Exercising on dehydrated and depleted muscles increases your risk for soft tissue injury. The window of opportunity for energy and muscle recovery is within the first 15-30 minutes immediately after you finish.

- No experimenting with new foods. Again, you are cycling again tomorrow.
- ASAP start your recovery with fluids and high carbohydrate foods.
- Within the next 2 hours, incorporate a well balanced meal of high complex carbohydrate, moderate protein and moderate to low fat. Use Canada's Food Guide to assist with making good food choices.

### Recovery Snacks Ideas:

- 500 ml chocolate milk and banana
- Cup of yogurt and cereal and 500 ml water
- 24 oz sport drink
- Bagel and jam and 500 ml water
- Banana and 4 fig bars and 500 ml water

Another part of recovery is getting proper rest. Although you may be really pumped about your accomplishment, you do need to get a good night sleep. Aiming for 7-10 hours of sleep with proper hydration and solid nutrition will get you ready to go the next 80 km!