



Nutrition whilst Racing...

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In endurance events you need to replenish your carbohydrate stores as they tend to run very low after approx. 90 minutes of exercise. To complicate things your body can only handle small amounts of carbohydrate (CHO) whilst exercising. A successful nutrition strategy can be the difference between finishing strong and hitting the wall.

There is a basic formula that approximates how much CHO you require to top up your body's levels whilst racing. The formula isn't exact as everyone is different, but is a very good guide on where you need to be.

FORMULA

1 gram of carbohydrate, per kg of body weight, per hour.

e.g. If you weigh 78 kg, you would aim to consume 78 grams of carbohydrate throughout each hour.

The goal is to start consuming CHO after approx 60 minutes of exercise. Aim to get the required amount (78g for the example above) over the hour, in 2-3 serves. This means that you would take a gel/bar/jelly bean, etc every 20-30 minutes aiming to get your target CHO intake over the hour.

Practice your race nutrition in training well before your race, as it might take a few sessions to find out the right food for you.

EXAMPLE RACE PLAN:

Have breakfast as per normal at least 2 hours prior to race start.

After 60 minutes of racing start your nutrition plan of 2-3 serves of CHO per hour. (every 20-30 min have a gel, part of bar, etc)

For the last 60 min of the bike, only consume gels (no solids) to get your intake.

For the run continue the 2-3 serves every hour regime. Don't forget to drink... ULTRA important.

NOTE: For gels, it is important to wash them down with **WATER** as this will help digestion and reduce the risk of stomach problems.