

# Marlow Riders

Nutrition + Hydration

# Basics

## Pre

### Balance

- Key factor is balance of all essential food groups
- No need to overload (or carbo-load)
- 'Light' carbohydrate and good quality proteins
- Consider length of ride/event and consider timing of breakfast (or pre-ride meal)

## During

### Consistency

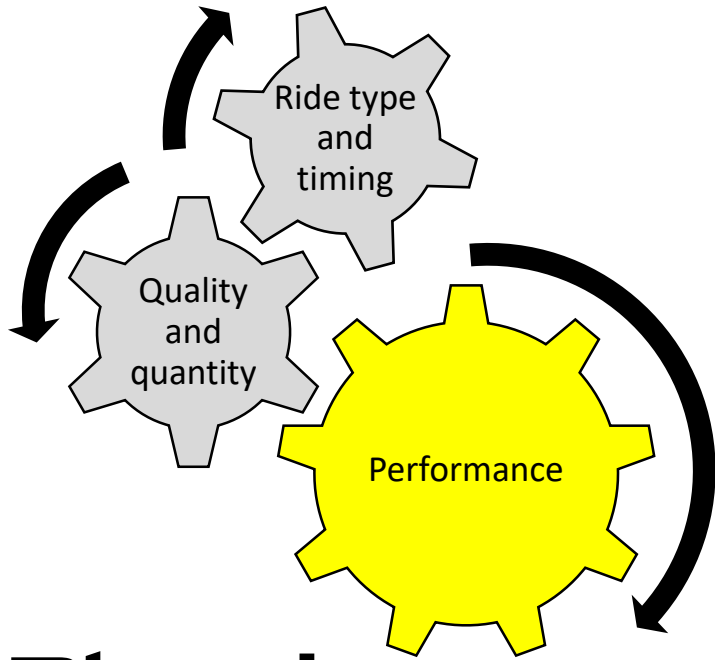
- Timing and consistency are most important aspects
- Do not always rely on hunger/thirst
- Know what your ride demands of you and tailor nutritional profile and timings to that
- Practice!

## Post

### Windows

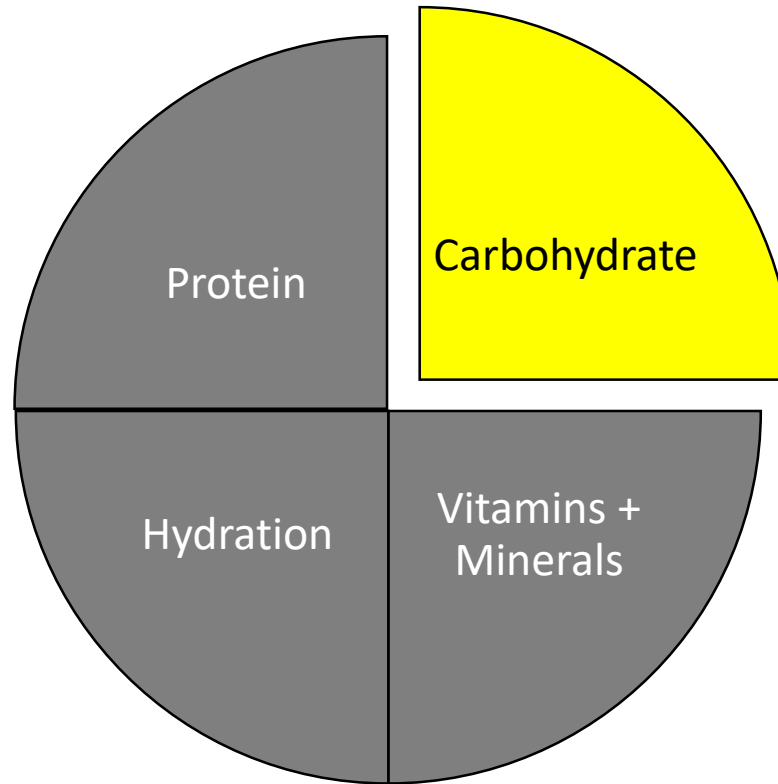
- Two crucial 'windows' for nutritional absorption
- Twenty minutes and two hours
- First window is fast absorption (as muscles are still 'active') and starts recovery process
- Second window is more about quality and resupply

# Pre-ride



# Planning

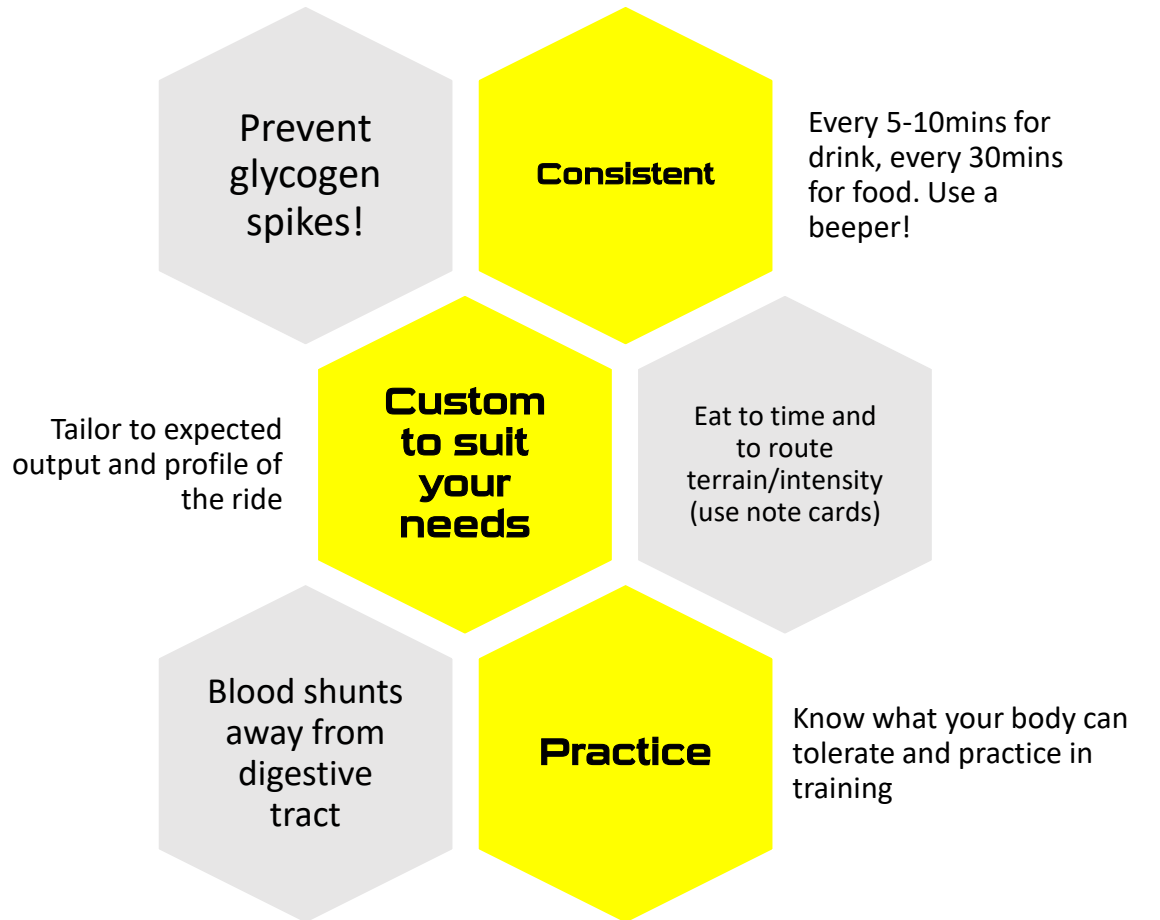
## Fuels



## Examples

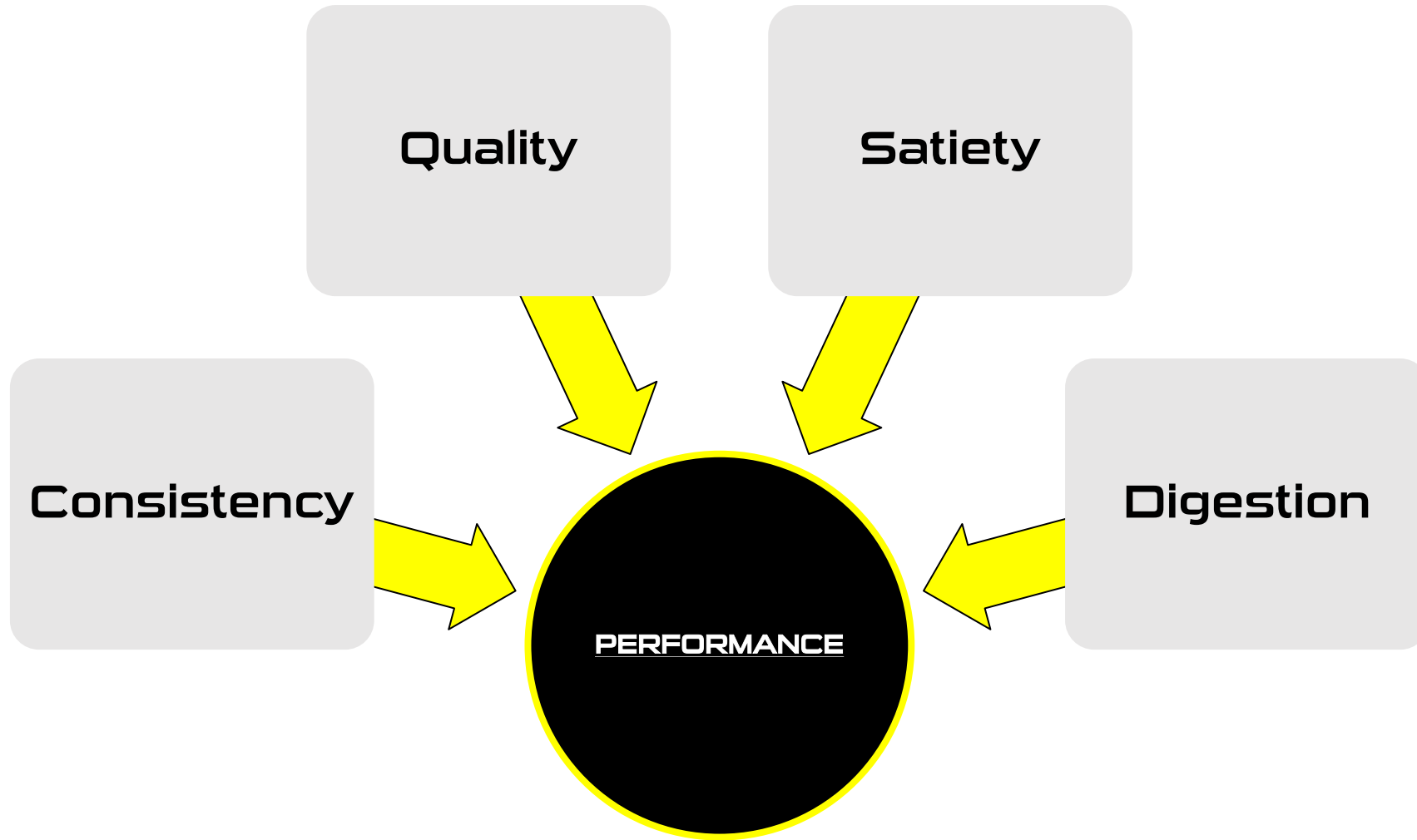
- Egg
- Omelette
- Tomato
- Ham
- Toast
- Muesli
- Oats
- Juices
- Water

# On your bike



## Strategies

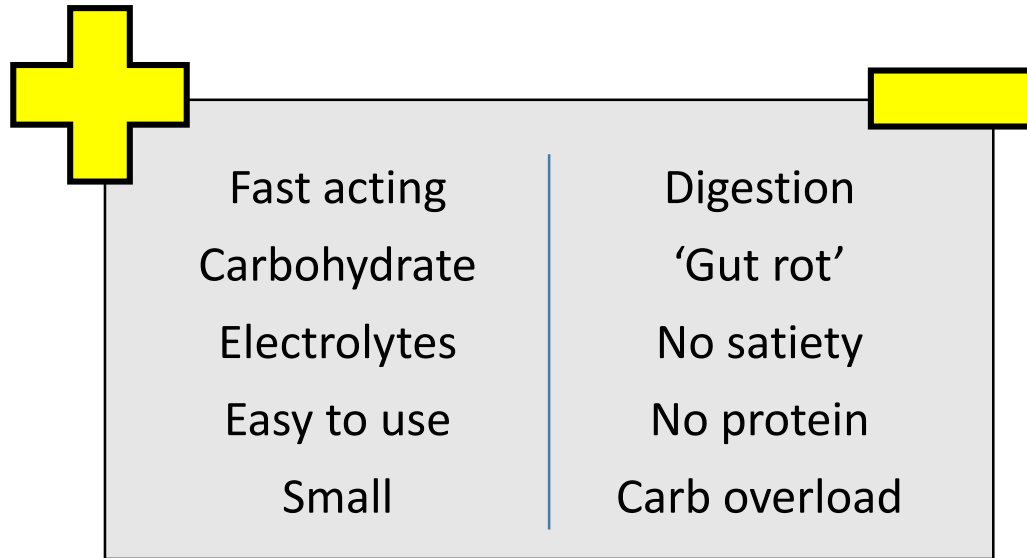
# On your bike



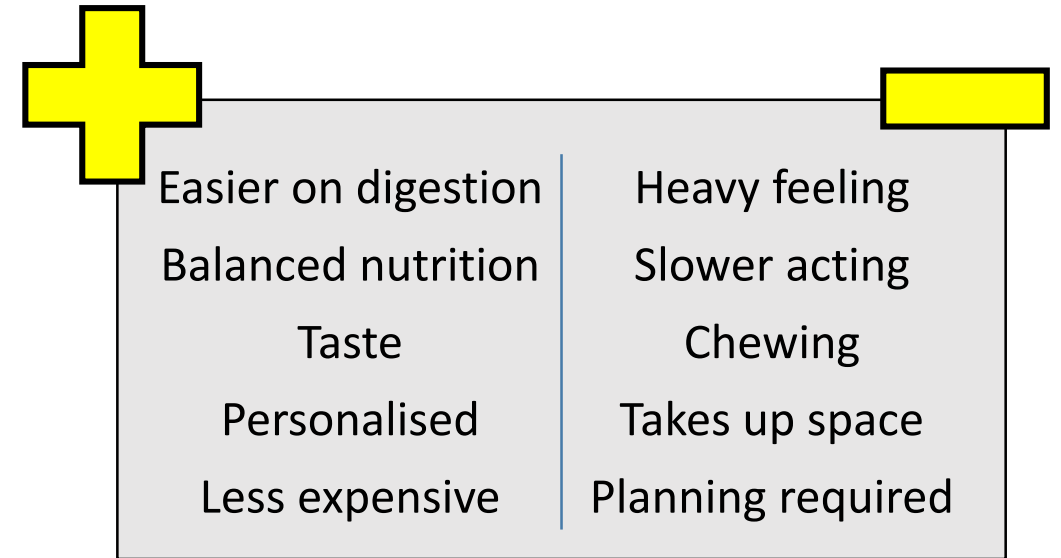
## Examples

- Rice cakes (various fillings. Try bacon and egg)
- Sandwiches (try ham)
- Bananas
- Banana bread (and similar)
- Pizza slice (not Domino's!)
- Nuts and dried fruit (I'll allow jelly babies too!)
- Electrolyte drink/tablets
- Water
- Emergency gels and bars

# On your bike



# Natural food and drink



## Gels and sports drinks

# Post-ride

Immediate	Examples	Delayed	Examples
<ul style="list-style-type: none"><li>• Within 20mins</li><li>• Muscles in active state</li><li>• Simple carbohydrates (sugar)</li><li>• Processed items are OK</li></ul>	<ul style="list-style-type: none"><li>• Chocolate bar</li><li>• Cereal bar</li><li>• Fruit</li><li>• Sugary drink</li><li>• Milk</li></ul>	<ul style="list-style-type: none"><li>• Around 2hrs</li><li>• Time to recover and prepare for next ride</li><li>• Balanced nutrition</li><li>• Protein but not excessive</li><li>• Natural foods and vitamins and minerals</li></ul>	<ul style="list-style-type: none"><li>• Chicken</li><li>• Turkey</li><li>• Fish</li><li>• Vegetables</li><li>• Fruit</li><li>• Eggs</li><li>• Quality carbohydrates (rice, pasta, potatoes)</li><li>• Milk</li><li>• Water</li></ul>

## Two post-ride windows

# Three key changes to make



Beeper



Natural food

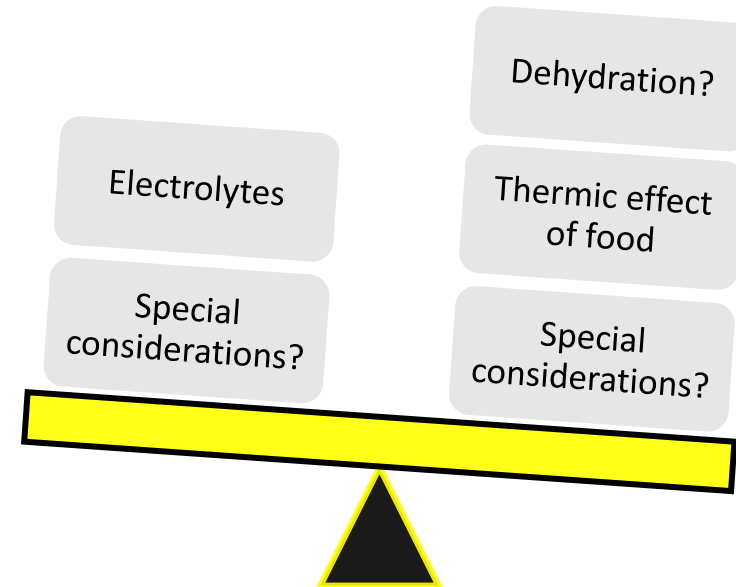


20min window

## Summer v Winter

Summer

Winter





# Contact

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