NUTRITION FOR CYCLING... AND LIFE!
Overview

• General guidelines
• Pre, During & Post Exercise Nutrition
• A few extras
• Questions
Food and Exercise

The food we put into our bodies affects:
• Weight loss
• Performance
• Energy level
• Muscle gain
• Immune system function

All of your fitness and wellness goals are greatly influenced by your nutrition!
Fueling for Fitness - Basic Guidelines

• Focus on the 4 Pillars – it doesn’t have to be complicated!
• Focus on Real Foods
• Always eat breakfast
• Eat 5-7 small meals a day
• Don’t starve yourself – an exercising body wants to perform NOT lose weight
• Pay attention to your body – weight loss or gain, energy level, exercise progress, injuries, soreness, mood.
• Always try new things in practice and figure out what works for your body long before race day.
The 4 Pillars

1) Removed processed foods & sugar
2) Eat a bunch of vegetables
3) Stay in a healthy calorie window
4) Balance blood sugar with fat and protein
Pre Exercise Nutrition

Many people don’t like to eat before working out for a variety of reasons. However, your body needs fuel before working out because:

• You will have more energy during the workout and throughout the day
• You will have the endurance to complete the workout and maybe even extend it
• You will perform better
• Your brain will work better

_The goal here is to top off liver glycogen stores & get you body primed to use its own fat stores as much as possible._
Pre Exercise Nutrition

**When To Eat**
2-4 hours before your workout (If you are an early morning exerciser, eat a larger dinner and try to get in about 100 calories before your morning workout)

**What To Eat**
**Traditional:** High carbohydrate foods that are low in fat and have a moderate amount of protein. Ex. Whole grain bagel with tomato slices and low-fat cheese, oatmeal with protein powder, energy bar, etc.
*Fiber increases intestinal distress in some people so find what works for you

**Fat Adapted:** Almond butter/peanut butter with an apple, full fat Greek yogurt with a handful of nuts and berries

**How Much To Eat**
* 200-400 calories (Smaller athletes and shorter rides)
* 400-800 calories (Larger athletes and longer rides)
* You should feel energized but not sluggish or full.
Pre Exercise Nutrition

A couple tips...

• After breakfast, drink 10-12 oz of fluid each hour up until 30 minutes before the event
• Try eating a Gu (or equivalent) 10-15 minutes before the event begins – especially for events where you will be going faster or longer than you are accustomed to
During Exercise Nutrition

Depending on the duration, temperature, and intensity of your workout you may need to add fluids, carbohydrates, and/or electrolytes to your workout.

*Caveat: We have been brainwashed to think we always need to be consuming something. You may need less water and/or food than you think you do. Listen to your body and pay attention during rides.
During Exercise Nutrition

• **Fluids**: Drink 5-12 oz of water every 15 minutes. If your workout is high intensity and/or hot, make it closer to 12 oz.
  * I like to switch between water and sport drink every 15 minutes

• **Carbohydrate**: If working out for more than an hour, consume 40-120 grams of carbs (175-470 calories) per hour. But not all at once! Eat every 15-30 minutes.
  *The more fat adapted you are, the less food you will need

• **Electrolytes**: Can be an issue in long, hot rides. As long as you are eating and using sport drink you should be fine.
  * Some people lose a lot of salt in their sweat. If this is the case you might consider taking salt tablets
During Exercise Nutrition

Biking

Biking puts less stress on your stomach than most other athletic endeavors, so you can eat more calories and more solid calories (bars). Here’s a look at your target calorie window while biking...

115 lbs: 175-250 cal/hour  
130 lbs: 200-250 cal/hour  
145 lbs: 210-300 cal/hour  
160 lbs: 230-350 cal/hour  
175 lbs: 250-375 cal/hour  
190 lbs: 275-410 cal/hour  
205 lbs: 300-440 cal/hour  
220 lbs: 325-470 cal/hour
During Exercise Nutrition

A couple tips...

• If you are riding for 90 minutes or less, you shouldn’t need any food.
• Practice, try different things, and find what works for you!
• Remember that sports drink has calories and that should be factored into your total calories per hour
• Remember to space out your caloric intake. I wouldn’t eat more often than every 15 minutes, or less often than every 45 minutes (for long efforts)
• During an event it can be hard to stick to your plan because you’re not hungry, you’re focused on racing, etc. Consider writing your plan on a 3-5 card and keeping it with you or taping it to your bike. You can also set your watch to beep every 15 minutes.
Post Exercise Nutrition

Really important! You’ve used vital nutrients and stripped your muscles of glycogen during your workout/race. If you don’t replenish and refuel you will be low energy and grumpy – and your next few workouts will not be optimized!
Post Exercise Nutrition

When To Eat
Eat something small within 30 minutes after your workout, and then a full meal within 2 hours after your workout

What To Eat
• 30 minute meal – quickly digestible carbs with some protein. Piece of fruit with a handful of nuts, chocolate milk, energy bar, smoothie. 100-400 calories
• Full meal with a good mixture of nutrients and antioxidants.

* Remember to re-hydrate as well!
A couple tips...

- Plan ahead and bring food with you. If you’re waiting to eat till you get home and shower it’s been too long!

- Keep a “food box” in your car so that you always have something to eat as a snack or right after a workout.

- Think of eating right after a workout as part of the workout. Don’t do it sometimes, don’t skip it, make it happen every time.
Preferred Sports Nutrition Products

**Generation UCAN**
- New superstarch
- Powder that you mix with water
- Allows you to eat less with less GI issues
- Use 30-45 minutes before prolonged exercise and during every 1-2 hours
Preferred Sports Nutrition Products

NUUN
- Just electrolytes
- Tastes good and increases your chances of drinking
- Good for shorter rides
- Good for exercising in hot weather
Preferred Sports Nutrition Products

Infinit Nutrition
- Customized powder
- Create your own flavor, carbs, calories, protein, caffeine, etc. based on your preferences and ride distances.
- All liquid nutrition means easy digestion
Preferred Sports Nutrition Products

Perpetuem
- Similar to Infinit, but not customizable
- Designed for long distance training and events. Very well known and widely used
Gels

• All similar nutrient profile
• Choose flavor/brand you like
• Quickly eaten and digested
• Take every 30-45 min with water
Preferred Sports Nutrition Products

Bars
• Good during long rides when real food is craved.
• Also good snacks when not riding.
Proper carbohydrate loading can be an effective way to maximize fuel stores and have your optimal race. Here are some basic tips on how to do this safely:

• Taper your training for 1 week prior to your event
• On days 7-4 of the 1 week countdown shoot for 3 g of carbs per pound of body weight
• On the final few days of the week consume a higher carb diet consisting of 4-5 g of carbs per pound of body weight, and make sure you are well rested
• Since your training volume has decreased your caloric needs have also decreased – lower your protein and fat consumption in the 72 hours before the race
• If you sweat a lot and/or will be competing for 6 hours or more, be generous with the salt shaker during this week
• Exercise lightly the day before the race to relieve stiffness and keep your muscles “sharp”
• Don’t try any new or unusual foods
• Stay hydrated and closely monitor urine color
*If fat adapted, just slightly increase the carbs the two days prior to your event.
## Caffeine

### Pros
- Performance enhancer for endurance athletes
- Increased mental acuity and metabolism
- More effective if you taper off before an event

### Cons
- Increases GI motility
- Can raise heart rate into a range that makes it hard to sustain your pace
- Stimulant (like cocaine) so too much/chronic usage is hard on the body

*Recommendation: Use in moderation if you are so inclined*
Eating for Weight Loss

• Know your calorie goal. Use LoseIt app.
• Keep a food journal (you can use LoseIt for this too) for one week, and then one day per week after that
• Pay attention to portion size
• Keep junk food out of your house, office, car, etc. – BUT give yourself one thing you love in a small portion every day
• Fill up on healthy, “Real” foods
• Eat a good breakfast, and 5-6 other small meals throughout the day - DO NOT skip meals
• Limit liquid calories
• Consider high fat/low carb
Eating to Heal Injuries

- Get enough protein to repair damaged tissue – 75 to 100 grams. Add soy, lean meat, egg whites, beans, or non-fat dairy to most meals.

- Get enough zinc to repair cartilage and bone – 15mg per day. Good sources are meat, clams, oysters, wheat germ, and whole grain breads.

- Get enough Vitamin C to form scar tissue and fight inflammation – 100-250mg per day. Citrus fruits, broccoli, cabbage, kale, potatoes.

- Get enough antioxidants to combat swelling and pain – fruits and veggies all day long!

- Get enough glucosamine for healthy joints – supplement with 1500 mg per day.
Recap

• Focus on real foods
• Pay attention to your hunger and thirst
• Plan ahead and consciously eat before, during, and after long workouts
• Practice your nutrition so that you know what works best for you body
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