



Nutrition Plan Basics - 60kg

No breakfast unless you can eat three hours before the start - yes really! About 10mins before the start, take a gel. Or skip the gel and just start on the Perpetuem when you get on the bike.

Perpetuem

1 scoop of Perpetuem per hour.

Anti Fatigue Caps

Take 2 before the start then 1 per hour

Endurolytes

Take 2 Endurolytes Capsules before the start then 1-2 per hour depending on conditions OR add 1 Endurolytes Fizz to each water bottle.

If it is hot or you are prone to cramping, you may need a higher dosage.

Fluid

Aim for 400-600ml of water per hour - this is for most people 5 BIG swallows every 15mins. Add 1 Endurolytes Fizz tablet per 750ml water or if not using Fizz, increase Endurolytes to 2-3 per hour.

- If you start to feel nauseous this usually means you have consumed too many calories. Reduce or stop your fuel intake for a while until you feel ok (but keep your fluid intake going). Sometimes incorrect fluid intake can also make you feel unwell so check and see if you are about on target.
- Cramping - assuming that you are riding at a level appropriate for which you have trained, check fluid intake. Too much or too little can cause cramping. Take a couple of Endurolytes. You can increase Endurolytes up to 6 per hour if necessary.
- If conditions are warm, you may find you need less calories and more fluid. If you feel scratchy, chances are you are due to eat, drink or take an Endurolyte.

Post ride/training, take two scoops of **Recoverite** in a bottle of water.

This is a basic plan and you need to test it in training. Don't be afraid to deviate a bit from these recommendations if necessary, but we would caution about increasing your caloric intake much above what we have suggested.

This plan is based on the assumption that you are not consuming calories from any other source e.g sports drinks, gels, bananas etc. If you do then you will need to reduce the amount of Perpetuem used accordingly.

Perpetuem Mixing Instructions

We suggest that you mix your Perpetuem into a pancake batter consistency and carry it in flasks to that your bottles are free for fluids. To make a three hour flask, put 3 scoops of Perpetuem into a dry bottle, then fill a Hammer flask to the 3 serving mark with water. Add this water to the bottle containing the Perpetuem, put the lid on and shake vigorously. Pour the mixture back into the flasks. If the weather is going to be hot, make it the night before and freeze it.

Should you require assistance with your nutrition plan, please don't hesitate to call, or email us at info@hammergel.co.nz.