



Nutrition Plan Basics - 75kg

We recommend that you aim to work out how little you can go well on, not how much you can consume! This is why we tend to fuel you at what should be a little on the low side to start, but suggest you always take a few extra gels with you in case you run low.

It is really important that you do some testing to simulate race pace intensity as working at intensity there is less blood in the stomach to deal with digestion.

Before the start:

30mins: 2 Endurolyte capsules and water

10mins: 1 gel and water

Bike:

HEED - 1.25 scoops of Perpetuem per hour.

Endurolytes capsules - 2 per hour if it is hot or add an Endurolytes Fizz to each water bottle

Run:

Hammer Gel - 1-2 per hour

Water - 300-500ml per hour (pick up off the course)

Endurolytes capsules - 1-2 per hour. If it is hot or you are prone to cramping, you may need a higher dosage.

Notes

Fluid

Aim for a bottle per hour - this is for most people 5 BIG swallows every 15mins.

- If you start to feel nauseous this usually means you have consumed too many calories. Stop consuming gels if this happens. 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.

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