



## **Nutrition Notes for Training Program – Oli Beckinsale at BW Cycling**

A lot is written about nutrition some great and some not so great. The sports nutrition industry is a multi- million business in the UK and many people benefit from making the athletic diet complicated and supplement based.

There is a place for supplements and cutting edge nutritional thinking but for most athletes the biggest gains are to be had from getting the basics right not looking for the marginal gains of Tour de France riders.

There have been many changes in popular diets from fat free of the 90s to low carb in the 00s. Again these extremes are unlikely to benefit my training clients and a good diet should be based on the three main food types Fat, protein and Carbohydrate.

During my cycling career I was lucky to work closely with dietician Nigel Mitchell – he was the guy who was responsible for turning the 80kg Bradley Wiggins track rider into the 70kg Tour winner and is currently the head nutritionist at Cannondale Protour team.

He was always looking at new supplements and pushing the boundaries, but the most important aspect was always get the basics right. Meaning a balanced varied diet, whole foods and low sugar/processed food.

The following notes work on the basics right, so having the fuel to train hard and then recover after the sessions. Following a diet based on quality whole foods and reducing sugar and processed food will generally lead to a safe reduction in body fat.

### **Nutrition when on the bike**

For long rides 2-5hrs based on Z2/3 intensity

-40gr of carbs per hour (a banana is approx. 30g, an energy bar 20-30gr, a gel 20gr and bottle of energy drink mixed at 6% is 30gr)

-500ml of fluid per hour and 700ml in hot conditions

For rides of 1-3hrs with any efforts at Z4/5 intensity

-60-70gr of carbs per hour

-500ml of fluid per hour and 700ml in hot conditions



## **Nutrition notes for when training in the evening after work**

### **Breakfast**

- Breakfast should be mainly low glycaemic carbs, so porridge, muesli, brown bread
- Include a portion of protein, milk, yoghurt, eggs
- Include some 'good' fat so from the eggs, nuts, seeds
- Drink 500ml of water between getting up and leaving for work/ride

### **11am**

- A low sugar snack
- Yoghurt, nuts, seeds, fruit, sandwich with savoury filling, oat cakes

### **1pm**

- Lunch should be mainly low glycaemic carbs, so brown rice, pasta, brown bread
- Include a portion of protein, fish, meat, eggs, yoghurt
- Inc some fat, olive oli dressing, nuts, seeds,

### **4pm**

- A low sugar snack
- Yoghurt, nuts, seeds, fruit, sandwich with savoury filling, oat cakes

### **6 or 7pm- Training**

- If longer than 1hr of very intense then fuel at rate of 40gr carbs per hour

### **Post ride**

- If a tough session, so over threshold efforts and/or Strength work then consume 50gr of recovery drink ASAP after the session

### **Dinner**

- Dinner should be mainly low glycaemic carbs, so brown rice, pasta, brown bread
- Include a large portion of protein, fish, meat, eggs, yoghurt
- Inc some fat, olive oli dressing, nuts, seeds,



## **Nutrition notes for when training in the morning (club ride or 9-11am session)**

### **Breakfast**

- Breakfast should be mainly low glycaemic carbs, so porridge, muesli, brown bread
- Include a portion of protein, milk, yoghurt, eggs
- Include some 'good' fat so from the eggs, nuts, seeds
- Drink 500ml of water between getting up and leaving for work/ride

### **Training**

- 30-40gr of carbs per hour for endurance sessions lasting over one hour
- 500-700ml of fluid per hour depending on temperature
- For short intense sessions 1-2hr look for 40-60gr carbs per hour

### **Post ride**

- If a tough session, so over threshold efforts and/or Strength work, or longer than 2hrs then consume 50gr of recovery drink ASAP after the session

### **Lunch (or within an hour of the ride)**

- Lunch should be mainly carbs
- Include a portion of protein, fish, meat, eggs, yoghurt
- Inc some fat, olive oli dressing, nuts, seeds,

### **4pm (if lunch was at 1pm)**

- A low sugar snack
- Yoghurt, nuts, seeds, fruit, sandwich with savoury filling, oat cakes

### **7-8pm Dinner**

- Dinner should be mainly low glycaemic carbs, so brown rice, pasta, brown bread
- Include a portion of protein, fish, meat, eggs, yoghurt
- Inc some fat, olive oli dressing, nuts, seeds,

If dinner is earlier and training back to back days then a small snack before bed such as cereal and milk will be good