

Hopefully the info below will help to make the B2B a great Cycling experience.

### **Motivation**

For those who missed the evening ask someone who was there, Simon shared his family story and that was enough to make anyone motivated big time.

### **Demands**

The demands of cycling are **endurance**, power and speed and there are different energy systems which enable you to do this. The energy systems are Aerobic, Anaerobic and Adenosine Triphosphate. Without getting complicated it's the Aerobic system which will be needed for a long cycle such as B2B. To boost your Aerobic system requires you to become very efficiency at utilising fat as an energy source. Reason for this is, you may be burning up to 800-1000 calories per hour during your big rides and your digestive system will only be able to take in 300-400 calories and actually use it. You can't just continue eating energy bars, the energy deficit has to come from fat. You can only use fat if there is enough oxygen, so to cut a long story short you have to go steady and make sure you are in full control of your breathing to be able to burn fat.

### **The car scenario.**

The car with a small 1L engine will have to start revving hard from say 40 mph and is therefore not very efficient at higher speeds. The car with the bigger 3L engine will not start revving hard until it reaches say 80mph making it very efficient at higher speeds. For cycling day after day you want the bigger engine that's more efficient.

### **How do I get the bigger efficient engine (endurance)?**

- Do longer rides lasting over 2 hours or more at least one times per week
- Do slower rides to stay in control of breathing so you know there is plenty of oxygen to allow your fat efficiency aerobic system to train and get more efficient. You can use heart rate, power and other measures for this but the easiest one is to make sure you ride at a pace where you can hold good conversation. The speed of chat.

- Do some fasted rides before breakfast, ideal for in the week when you have less time, for example 40-75 minutes. Fasted in the morning will force your body into using fat as an energy source.
- Make the end of your longer rides 2 hrs + harder for the last 15-20 minutes to force your body into making you more fat fuel efficient as the sugar levels will be depleted by then.

### **Training Focus**

- If you are struggling with time don't panic do you what you can. If you only have 30 minutes on an evening that's better than nothing. But don't make the mistake of smashing yourself because it's only 30 minutes. Keep to steady speed of chat for majority of sessions.
- Put together at least 3 x blocks of 2 days before B2B if you can. It's important to know how it feels to put back to back days together. Getting over the shock of the sore legs, the depleted energy system and mentally being prepared for it in B2B.
- Get out with others and make training fun, it will help to tick away the miles. Take regular stops every 60-90 minutes to refuel and stretch the legs.
- Monitor your fatigue and stress levels. It's about making sure you get to the start line in July. Its important to remember you can't get any fitter in the final 2 weeks leading up to B2B, last minute panic training is never worth it. Use the last 2 weeks to do lighter rides, keep fresh and get some feet up time.
- Sleep is very important. If you don't get enough sleep training can't be realized so therefore is potentially useless. Keep to a regular sleep patten.

### **How can I improve my general diet before B2B?**

So you want to become efficient at using fat as an energy source to cope with the long days of cycling ahead. Get into the healthy eating and avoid the sugar highs and lows that make you tired and hinder recovery from exercise.

- Use the GI index to help with food choices and try to balance out your sugar levels by having low to medium GI foods and avoiding the high GI foods. This will help make your engine more efficient.
- Try to avoid foods that are not natural. General rule, if you can fish for it, run after it and catch it or grow it then its good food. Pizza and Pasta doesn't grow on trees!
- Or another way of looking at it, if a food goes off quickly it's probably quite good for you. Mars bars take a while to go off!

### **Can I lose weight between now and the 4<sup>th</sup> July?**

Yes you can but don't force it, good healthy eating and one or two fasted rides will be a big help. Cycling is a power to weight ratio sport especially when it comes to going up hills. But lose weight too fast and you will lose muscle which will lead to power loss. Sensible weight loss, for example a 85kg person losing 1 kg per week or a 70kg person losing 0.5 kg per week is plenty. It is amazing what a few kgs weight loss will do to make cycling so much easier.

### **What do I eat on long rides?**

For rides lasting over 2 hours you will have to start taking on fuel at roughly 300 calories per hour.

- Don't just go for high sugar sports energy bars and drinks
- Get savoury snacks such as ham and cheese baguette, peanut butter sandwiches.
- Foods that are easy to digest (hangover foods) crisps and nuts to provide salts and fats
- Save energy bars and gels for the last hour or two of the ride when you are really finding it tough. Experiment with different ones to get your stomach use to them.
- Nothing beats a can of coke (the red ambulance) if in desperate needs in last hour.

Examples of calories

Ham and cheese baguette 450 cals

Salted peanuts 155 cals

Pulsin energy/protein bar 250 cals

Veloforte energy bars 260 cals

Energy gels 100 cals

### **What do I eat before a ride?**

Try to get a good mix of carbs, fats and protein to give you longer lasting energy and set off the day with well balanced sugar levels. Example of this would be scrambled eggs on toast with spinach and tomatoes or porridge with nuts and berries added to it.

### **What do I eat after rides?**

The immediate 30 minutes after a ride is a very important window, your body will open the gates to taking in good nutrition and this is the time to focus on getting carbs in quickly. Have a recovery shake, bowl of cereal, jam sandwich etc.

Once you have got past this stage revert back to low to medium GI foods to get sugar levels balanced and aid recovery overnight for the next day. Make sure you have plenty of protein with your evening meal to help muscles repair.

### **What do I drink during the long rides?**

Hydration with all training and especially B2B when it could be hot is essential. Add electrolyte tablets to your drink bottles. The tablets should contain an amount of sodium which helps control the nervous system, potassium to avoid cramps, calcium for heart function and magnesium for your blood sugar regulation. Everyone needs different amounts depending on sweat rate. I would strongly suggest visiting the Precision Hydration website where you can put in your exercise/sweat info, and it will tell you what you need to get the right balance. But as a guide I recommend using the Precision Hydration electrolyte capsules which you swallow and takes away issues other brands have with having to dissolve in water. One table before bed, another with breakfast and then another tablet for every 2 hours of riding will work well. Easy to purchase from amazon.

In terms of actual fluid's you should be aiming to take in 500-750ml of fluid per hour through the ride.

If you get to the stage where you are very thirsty and taking in bottle after bottle, please be careful you could be over hydrating which can potentially be very dangerous. At this point you could be diluting what salts and minerals you have left in you and the body will start to lose function. Just be aware.

### **Main take aways**

1. Become efficient with fat burning with steady rides and eating low to medium GI foods.
2. Aim for 300 calories of fuel for every hour of riding
3. Take in 600-750ml of fluids per hour of riding
4. Don't just eat sugary foods, eat normal foods that your stomach finds easy to digest
5. Get electrolyte tablets
6. Eat in the first 30 minutes after rides to start the recovery
7. Get some good sleep to turn potential training into realized training.
8. Make your training frequent and steady every little bit will count to make you a better cyclist
9. Listen to your body and get to the start line feeling good.
10. Raise as much money for Props as you can.

