

Preparing for TOOMOO 220

The Importance of Training & Practicing Your Ride Nutrition

~ Written by Perform Dietetics ~



Practice makes perfect! It is essential to practice your nutrition during training NOW so that by the 4th of May you are confident it will work for YOU! Infit Nutrition Go Far sports drink will be provided throughout TOOMOO 220 so now is the perfect time to start using Infit Nutrition throughout your training sessions. This will ensure that Infit Nutrition is right for you and you can start creating your own nutrition plan for TOOMOO 220.

What key areas of nutrition do I need to focus on throughout training and throughout TOOMOO 220?

- What should I be eating before I ride?
- How much carbohydrate do I need before a ride?
- How much carbohydrate do I need throughout a ride?
- How much fluid should I be consuming for optimal hydration?
- What should I eat to recover properly after I ride?

If you are unsure where to start, then seeing an Accredited Sports Dietitian would be beneficial for you. Steph Cronin from Perform Dietetics is offering \$20 off the initial consultation for any riders who would like an individualised nutrition plan for TOOMOO 220! Perform Dietetics is located on the Sunshine Coast but also offers online consultations for anyone who may not be able to make an appointment in person.

Why is it important to practice your ride nutrition in advance? Because one size doesn't fit all when it comes to nutrition. Below are some points to consider during your rides:

- **Gut training:** this term means practice taking nutrition/fuel during training to ensure your gut adapts and tolerates the food/drink well before the main event. It is common for people participating in endurance events to experience gastrointestinal upset because during exercise the blood flow to the gastrointestinal organs is decreased and diverted to your hard-working muscles. So, when nutrition is taken on board, it is harder for your gut to focus on digestion and can lead to disturbances such as nausea, vomiting, abdominal cramps or bowel urgency. None of this is something we want to deal with while riding. Rather, we aim to get you confident that your ride nutrition will enhance your performance, not hinder it!
- **Fuelling right:** the fuel you use before and during rides should be carbohydrate-focused as this provides the most efficient energy. Avoid high-fat and high-fibre foods, as these increase the risk of getting those gastrointestinal symptoms. By the time you arrive on May 4th, you should have practiced your pre-ride nutrition PLUS be confident with your entire ride nutrition. This includes the meals you consume 2-3 days prior, dinner the night prior & breakfast the morning of your ride.
- **Strategic timing:** the timing and amount of fuel you take on board is critical. It is important to allow enough time for digestion of food prior to starting your ride. Throughout your ride it is best to take on small amounts of nutrition every 15-30 minutes to ensure a constant supply of fuel. The amount of fuel (carbohydrates) you will need is very individualised and can vary between 30-90g of carbohydrates per hour during an event. Fuelling well is particularly important for endurance cyclists due to the increased requirement of fuel used throughout endurance events.

Infit Nutrition is one of Perform Dietetics' favourite sports nutrition products. Many of the athletes we work with use Infit Nutrition to fuel their training and fuel their races. It sits well in the gut and the amount of carbohydrate can easily be modified to match the fuel your body needs. Plus, it also provides hydration in combination with fuel! You may require a full serving or more of Infit Nutrition Go Far per hour on the bike (this will provide 66g carbohydrates) and others may only require ½ or ¾ of a serve each hour on the bike.



About PERFORM DIETETICS

Perform Dietetics is founded and directed by former ironwoman Steph Cronin. Steph is an Accredited Sports Dietitian, Accredited Practising Dietitian, ISAK Level 1 Anthropometrist and Accredited Sweat Profiler. Steph has worked with Swimming Australia, Queensland Swimming and a large number of triathletes, runners, cyclists and professional sporting teams.

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