DR. ROSA KELLER NUTRITION

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Fueling 48 hours before a ride

Goal: full stores of glycogen (the stored carbohydrate in liver and muscles)
10 – 12g carbohydrate/ kg of body weight per day in the last 48 hours before the event (700 – 840g/ day for a 70kg cyclist).

Example: potatoes, pasta, rice, bread, fruit in every meal 2 days prior to ride
Simple foods, nothing new, anything that might cause digestive issues. Small frequent meals/snacks/light dinner. Sip frequently.

Fueling 2-4 hours before a ride

The less time you have before your ride, the smaller your meal should be.
Eat at least 2 hours before riding, toast with peanut butter; overnight oats or granola with fruit and yogurt.

It's important to start the ride hydrated, so sip water frequently and aim to drink 350- 500ml fluid 2 – 3 h before you start riding.

Caffeine: approx 1 – 3 mg/ kg body weight. 1 cup coffee has ~80 mg caffeine.
Creatine monohydrate: 2.5 -5 grams 1-2 hours before a ride
Plant-based nitrate: 400 mg 2-3 hours before ride (1 tsp VitaSpinach Nutrigardens)

Fueling during a ride

Start refuelling within the first hour or so, and then refuel every 30 – 60 minutes, aiming for a total of 30 – 90g carbohydrate/ hour.

You can get 30g carbohydrate in the following: 1 large banana, 40g (a small handful) dried fruit, 1 Oat bar or 2 Nakd bars, 500ml sports drink (6% carbs), 1 energy bar, 4 energy chews, 1 energy gel

Take two refillable bottles: one for water and one for a sports or electrolyte drink. 400 - 800 mL/hr depending of intensity of that hour

Fueling recovery

You'll need carbs and protein to refuel your glycogen and repair damaged fibers in your muscles. Good options include milk-based drinks, yogurt, protein bars, waffles, sandwich
Tart cherry is also shown to moderately help with muscle recovery: 10 fluid oz (30 mL)

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