

HIGH 5

YOUR ADVANCED NUTRITION GUIDE

VELO
BIRMINGHAM
& MIDLANDS

Getting your nutrition right can make all the difference to getting across the finish line and enjoying your ride. HIGH5 is the on course sports nutrition at Velo Birmingham & Midlands so here's a guide to help you plan your nutrition strategy for the ride.

Fuelling your bike ride

Carbohydrate is your high-energy fuel for endurance events. It will help you go faster and further. Unfortunately, you only have a limited amount of carbohydrate stored in your body and it's depleted after less than two hours of cycling. Carbohydrate re-fuelling will substantially extend your endurance by providing the extra energy you need. You'll enjoy your event more and feel stronger, particularly later on. You can consume energy bar, gels and drinks for carbohydrate.

Staying hydrated

You lose fluids and electrolytes when you sweat. If you don't replace these, then you obviously become dehydrated which can really affect your performance. Sport drinks, like Energy Drink, contain electrolytes to enhance the absorption of water and help you re-hydrate.

Good to know

These guidelines are based on the latest science and real world feedback from thousands of athletes to help you perform better and enjoy your bike ride more. Research shows that by simply following these guidelines on the day of an event, cyclists were able to maintain their pace 26% longer¹. This was compared to their existing brand of nutrition consumed as normal².

BREAKFAST

Your breakfast should be light and high in carbohydrate; good examples would be cereals, toast and porridge.

CAFFEINE

Caffeine gives you both a physical and mental boost. When taking part in tough sport events like a sportive, it helps to increase your endurance performance and capacity. This means you can go faster than before without any extra training!

The scientific research has shown an effective dose is 3mg caffeine per kg bodyweight for increased endurance performance. Below you can see how much caffeine³ you need to take depending on your body weight and an example of what you could take to get there.

Bodyweight	Amount & source of caffeine
40kg	120mg 425ml Energy Drink Caffeine Hit
50kg	150mg 550ml Energy Drink Caffeine Hit
60kg	180mg 650ml Energy Drink Caffeine Hit
70kg	210mg 750ml Energy Drink Caffeine Hit
80kg	240mg 500ml Energy Drink Caffeine Hit + 1x Energy Gel Aqua Caffeine Hit
90kg	270mg 750ml Energy Drink Caffeine Hit + 2x Gel Caffeine)

It's recommended to take this 60-90 minutes before the start of your ride. However, some cyclists prefer to take this later on in the ride, just before it starts to get tougher and fatigue really kicks in. Your body removes caffeine from your bloodstream over time. Once you have loaded up with caffeine, you should top up with 30mg every hour. Energy Gel Caffeine contains exactly 30mg caffeine per sachet.

DURING YOUR RIDE

Start to drink and eat as soon as you have settled down into your rhythm after the start to keep your stores topped up. You might not feel it straight away but it will make a difference later on. How much you are able to drink during your event will depend on weather conditions. In warm / hot conditions, the 2:1 fructose and electrolyte formulation in Energy Drink means that you can drink up to one litre per hour. This will provide fluids, electrolytes and carbohydrate for energy. If the weather is cool and you drink less, your carbohydrate intake will be less and you will need to boost it with gel or bars. If you drink the following amounts of Energy Drink each hour, you can take the following number of gels or bars shown:

1. Independent test based on Cycling.
2. For more details see <http://highfive.co.uk/research-and-development/go-further.html>
3. We do not recommend caffeine for children and pregnant or breast feeding women.



800ml Energy Drink
no gel

750ml Energy Drink
1 x gel sachet or 1/2 Energy Bar per hour

400ml Energy Drink
2 x gel sachets or 1x Energy Bar per hour

It's important to focus on drinking as much as possible to remain hydrated. For gel intake you can use either HIGH5 Energy Gel or Energy Gel Aqua depending on personal preference.

To keep your caffeine levels "topped up" your first gel every hour should be Energy Gel Caffeine or Energy Gel Aqua Caffeine. Both contain 30mg of caffeine. Any remaining gels each hour should then be standard gel with no caffeine.

AFTER YOUR RIDE



When we exercise your muscles become energy depleted and break down. A long bike ride really pushes your body to the limit so expect soreness and stiffness afterwards. Consuming protein and carbohydrate afterwards help to replenish your muscle energy stores and kick start the repair and recovery process.

Drink 400ml Recovery Drink as soon as you finish. This contains a unique blend of whey protein isolate and carbohydrate. It gives you the time to have a shower and relax a bit before eating a balanced meal one to two hours later.

AVAILABLE ON COURSE



ENERGY DRINK

- 2:1 Fructose and electrolyte sports drink
- For endurance performance and hydration

ZERO

- Zero sugar electrolyte sports drink
- For hydration

ENERGY GEL

- Use for an instant energy boost
- Real fruit juice for a light refreshing taste