



HIGH5

YOUR ADVANCED NUTRITION GUIDE



DELOITTE RIDE ACROSS BRITAIN

The HIGH5 Advanced Nutrition Guide can help you ride faster and to finish your challenge feeling strong and with a smile on your face. We work exceptionally hard to ensure that you can perform at your best. This guide explains how to use the products that you get at the Deloitte Ride Across Britain. It's always a good idea to practice your event day nutrition plan in training first.

Carb's your #1 fuel

Carbohydrate is your main source of energy for cycling. It lets you ride fast and far, and makes your time on the bike enjoyable. Unfortunately, your body only has a limited store of carbohydrate, which can be depleted after 2 hours or less of riding. For long rides, like you will be doing for the Deloitte Ride Across Britain, aim for 60-90g of carbohydrate per hour. This can be from sports drinks, energy gels and bars.

Think back to how easy it is in the first couple of hours of a tough ride, as compared to the last hour when you have depleted your carbohydrate reserves. Fuelling your body with additional

carbohydrate, by consuming sports drinks and gels as you ride, will extend your endurance and provide the extra energy you need to enjoy your longer events - particularly in the latter stages.

Little, but often

Start fuelling early on your ride. If you wait until you are hungry or your energy drops, it's normally too late. Little but often is the best fuelling strategy. It will provide you with a steady flow of energy.

Don't forget hydration

Hydration shouldn't be underestimated: dehydration is often associated with a drop in performance. But we don't just lose water. Important minerals (electrolytes) like sodium and potassium are lost through sweating and should be replaced during exercise. Little but often is the best strategy for hydration but try to aim for around 500ml per hour – more when it's hot! Sport drinks like Energy Drink contain sufficient electrolytes for UK weather conditions.

What makes multi-day rides so tough?

If you empty your carbohydrate reserves in one day's riding, it's almost impossible to fully re-fuel by the next day and you will start with a part-empty tank. It's really important that you focus on fuelling your carbohydrate reserves during and after each day's riding. This is critical to consistent performance on each day of the Deloitte Ride Across Britain.

What do you get at this event

Each day you will receive 3 x Energy Drink and 4 x Energy Gel which are distributed at the start and at the pit stops along the route. For the finish you will also get a sachet of Recovery Drink to help you be ready for the next day.

BREAKFAST

For your breakfast have something that is light and high in carbohydrate. Cereals, toast and porridge are good examples.

DURING THE RIDE

How much you are able to drink during your ride often depends on weather conditions but we would advise drinking when you feel the need. Thirst can be a good indicator. Pour a sachet of Energy Drink into your water bottle. This will provide you with fluids, electrolytes and carbohydrate for energy. If the weather is cool and you drink less, your carbohydrate intake will be less and you should boost it with gel. If you drink the following amounts of Energy Drink each hour, you can also take the following number of gels:



800ml or more: no gel

750ml: 1 x gel per hour

400ml: 2 x gel per hour

You can also fuel up on carbohydrates at the two official pit stops along the route. Here you will find sweet and savoury snacks including fruit. You will also be able to pick up some HIGH5 sports nutrition if you need it and top up your water bottles.

AT THE FINISH

Drink Recovery Drink to start the recovery process as soon as you finish. Mix the powder with 400ml water. Eat a balanced meal one to two hours later. If you want more tips and information, then check out our advice section.

AVAILABLE ON COURSE



ZERO

A refreshing, great tasting sugar free electrolyte drink with zero calories.

- Light & refreshing electrolyte drink with natural fruit flavours- Sugar free with zero calories
- Suitable for vegetarians and vegans



ENERGY GEL

A convenient, fruity gel which delivers carbohydrate straight to your muscles during exercise.

- Race proven in the World's toughest competitions
- Real fruit juice for a light refreshing taste
- Available with or without caffeine
- Suitable for vegetarians & vegans



ENERGY DRINK

Advanced 2:1 fructose sports drink for training & racing

- Race proven in the World's toughest competitions
- 2:1 fructose carbohydrate with key electrolytes
- Helps maintain hydration
- Caffeine free
- Light tasting and refreshing



RECOVERY DRINK

The ultimate post exercise drink mix with whey isolate

- The Pro's choice post exercise
- Contains whey protein isolate Protein contributes to muscle growth and muscle maintenance
- Contains carbohydrate
- Great light shake taste, mixes easily into water or milk