

### Pedal Aussie Fuel and Fluid Strategies on the Bicycle.

During the ride, your primary focus should be on consuming appropriate amounts of carbohydrate, fluid, and sodium to meet fuel, fluid, and electrolyte requirements.

The amount of these nutrients you require will depend on your overall training level, your body weight, and the pace at which you are riding.

**Fuel Needs** You should aim to consume between 30-60 grams of carbohydrate for each hour you are on the bike. For riders cycling quickly, particularly for large male riders, you should aim to the higher end of this range – 50-60 grams.

If you are riding slowly and will be stopping for lunch during your daily ride, then aim for the lower end of the range – 30-40 grams.

To meet the above suggested targets for carbohydrate you will need to include a range of carbohydrate containing fluids (for example sports drinks) and foods.

Everyone should have at least two drink bottle holders so you can carry one drink of sports drink and one drink bottle of water.

As a general rule, it's a good idea to have half a drink bottle of sports drink every two hour when riding. This will provide roughly 20 grams of carbohydrate.

You can manipulate your hourly fluid intake by varying the amount of water you drink in addition to your sports drink.

When conditions are cooler in the morning, you may only drink 100-200ml in addition to your half drink bottle of sports drink.

As conditions hot up during the day however, you may end up drinking 300-500ml of water per hour in addition to your sports drink.

In addition to your sports drink, to top-up your hourly intake of carbohydrate add a banana, half a sandwich, half a sports bar, 1-2 biscuits, or a sports gel.

The table below provides information about a range of foods, so you can develop your own hourly fuel strategy.

Carbohydrate content of foods for the bike Food CHO (g) Food CHO (g)

- Sports Gel (for example PowerBar Gel)
- 20-30 Banana – 1 medium
- 20 Sports Bar (for example Power-Bar Performance Bar)
- 40 Sultanas/raisins
- 40g (Small Box) 30 Jelly Lollies/ Jell- Beans,
- (30g) 20 Sports drink (for example Mizone Rapid)
- 600ml 30-40 Killer Python 20 Potato Crisps
- 20g packet 10 Vegemite Sandwich (crusts removed, white bread)\*
- 25 Jam/Honey Sandwich (crusts removed, white bread)\* 30 Mars Bar
- Fun Size 15 Fruit Bar – 20g 10
- Cereal Bar 25 Fruit Muesli Bar 15 2 x sweet biscuits (for example Fruit Pillow)
- 20 Rice crackers – 15g packet
- 13 Fruit buns (for example ½ Hot Cross Bun)
- ~ 25 Muffin – home-made (medium) ~ 30

\* Bread based items are a rich source of sodium.

### Pedal Aussie Drinking strategies when you're cycling!

Drinking too little or too much during exercise can be dangerous to your health and decrease your exercise performance.

In hot, humid conditions it is important you drink enough.

In cool conditions however, it is important you do not over drink and risk diluting plasma sodium levels.

Here are a couple of tips to help you stay in fluid balance during a typical stage on the Pedal Aussie Tours.

- Each morning during the ride, you should include fluid with your breakfast at the start of the day. Ideally this should be about 1½-2 hours before the ride as this will allow fluid not retained by the body to be passed as urine.

As a general guide include 400-600ml of fluid with your pre-ride meal/snack.

The exact amount you include should vary according to your individual tolerance and the environmental conditions.

- Be sure to have two drink bottle (bidon) holders on your bike.
- That way you can have one for water and one for sports drink.

For riders cycling quickly, take cues from other riders when drinking as its more likely you want drink adequately to replace your sweat losses.

- For rider cycling slowly, drink according to your thirst, particularly in cool conditions.
- *At no point should you drink more than your hourly sweat losses.*

Athletes exercising slowly, in cool conditions are susceptible to drinking more than their hourly fluid needs.

- Sports drinks (for example Mizone Rapid) offer the added benefit of providing fluid, carbohydrate, and electrolytes simultaneously.

Research has shown that consuming sports drink enhances performance of endurance exercise and increases voluntary fluid intake.

- Have a top-up during the mid-ride break (lunch). Fluid consumed with food is better retained due to the sodium content of food (for example bread is a rich source of sodium).

As a general guide include 400-600ml of fluid with lunch.

The exact amount you include should vary according to your individual tolerance and the environmental conditions.

- Caffeine contained in coffee, tea and cola based soft drinks won't dehydrate. If you're a regular coffee drinker, there is no harm in including coffee throughout the course of the ride.

Don't use concentrated forms of caffeine though, such as NO-DOZE.