CYCLING GUIDE TO NUTRITION

FIND OUT HOW CYCLISTS APPROACH THEIR DIETS
WE EAT FOOD TO PRODUCE **ENERGY**, **STIMULATE GROWTH**, AND **PROTECT OUR HEALTH**.

**FOOD CONTAINS THE FOLLOWING KEY NUTRIENTS:**

**ENERGY**

**CARBOHYDRATES** Are in high quantity in bread, pasta, cereals, fruit, sweets and soft drinks.

**HOW IT HELPS YOUR BODY:** Our body transforms these carbohydrates into glucose (blood sugar). Your body uses this sugar as fuel for your cells, tissues and organs. It stores excess sugar in your muscles and liver for when it is needed.

**GROW**

**PROTEINS** Are high in poultry, beef, fish and dairy foods.

**HOW IT HELPS YOUR BODY:** Protein assists the body in repairing and growing muscle tissue.

**BALANCE - PROTECT**

**FATS** Nuts, fish, avocados, olive oil.

**HOW IT HELPS YOUR BODY:** Good fats protect your body’s cells and heart. They also keep your body temperature stable and maintain healthy skin and hair.

"IN ORDER TO GET THE MOST OUT OF MY TRAINING REGIME I NEED TO PREPARE MY BODY BY EATING THE PROPER FOODS."

Cadel Evans, Tour De France Champion 2011
A Cyclist’s diet needs to be a balance of

01 CARBOHYDRATES
(FOR ENERGY)

02 PROTEIN
(FOR MUSCLE REPAIR AND GROWTH)

03 GOOD FATS
(TO PROVIDE BALANCE AND PROTECTION TO THE BODY)

Look at the plate to see the right mix for a healthy meal...

For a balanced meal:
- Make half your plate fruit and vegetables.
- Lean protein in the form of beef, poultry, fish, dairy or legumes should make up about a ¼ of your plate. For instance, a piece of meat should be about the size of your fist.
- Grains in the form of rice, pasta, bread and starchy vegetables such as potatoes should make up the rest of your plate.
- Try to add good fats in the form of olive oil (uncooked), avocado and nuts to your plate. Fish is a great source of both protein and good fats.

A Cyclist should eat meals with a good balance of wholegrains, fruit, vegetables and protein.

**Breakfast**
- Oatmeal with milk & banana (add a tablespoon of protein powder)

**Lunch**
- Wholemeal roll with tuna & salad with an apple

**Dinner**
- Grilled chicken breast with rice & vegetables
Regular cyclists have to balance the demands of everyday life with the need to train and eat right to ride well. Here are some ways our Winners riders meet the challenge.

**ANDREW FELL**

**MOUNTAIN BIKING**
**CRITERIUMS**
**ROAD RACING**

“Healthy eating for me and my family is a lifestyle choice; in order for nutrition to work properly it has to be an everyday thing.”

**TIP:** I keep a stash of Winsers Gym protein bars in my desk drawer for snacks.

**TIP:** No grog or take away during the week.

**TIP:** I avoid highly processed foods and foods high in trans fats and sugar.

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**DANIEL OYSTON**

**CROSS COUNTRY**
**MOUNTAIN BIKING**

“(Nutrition) is very important. You need to have good fluid and energy for cross country mountain biking.”

**SARAH MCKAY**

**TRIATHLON**

“I love food. I love cooking and I love eating. I try to keep my meals low in fat, but besides that I don’t have many restrictions.”

**TIP:** No grog or take away during the week.

As a cyclist I need to view the food I eat as fuel for performance, but I also love good food. Thankfully some of my favourite foods are carbohydrate rich and perfect for pre ride nutrition.”

Cadel Evans, Cycling Champion

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Pre ride nutrition should ensure the body provides a steady stream of energy to your muscles and mind as you ride. The best source of sustained energy comes from carbohydrates.

**CARBOHYDRATES ARE COMPLEX AND SIMPLE**

THE TWO MAJOR SOURCES OF CARBOHYDRATES ARE REFERRED TO AS COMPLEX AND SIMPLE

**SIMPLE CARBOHYDRATES** are found in processed foods such as white bread, fruit juice and milk as well as table sugar, lollies and sweetened soft drinks. They are easily digested and enter your bloodstream rapidly providing a quick boost of energy.

**COMPLEX CARBOHYDRATES** are found in unprocessed foods, such as fruits, vegetables, whole grain foods and legumes. They are slower for the body to break down and thus provide sustained energy over a period of time. They are considered Low GI.

GLYCOGEN

CARBOHYDRATES ARE STORED IN THE BODY AS GLYCOGEN – EITHER IN MUSCLES OR THE LIVER.

**LIVER GLYCOGEN**

stores are used by all parts of the body, including the brain, and deplete rapidly.

**MUSCLE GLYCOGEN**

stores can only be used by the muscle in which it is stored and last around 60-90 mins.

For optimum performance both liver and muscle glycogen stores need to be full prior to exercise.

**CHOOSE COMPLEX CARBS TO FILL YOUR GLYCOGEN STORES AND PROVIDE SUSTAINED ENERGY**

**EAT LESS**

**EAT MORE**

**PREP FOR IGNITION WINNERS BARS**

WINNERS ENERGY BARS combine natural complex carbohydrates such as oats, rice, nuts and grains, to give you that long lasting energy to consistently perform at the highest level.
The aim of pre ride nutrition is to prepare the body for exercise, keep hydrated and top up the body's glycogen stores. Here are some meals recommended by our riders.

**SEAN CONNELL**
PASTA COI BROCCOLI – PASTA WITH BROCCOLI, GARLIC, OLIVE OIL AND PECORINO TOSCANO (ITALIAN EWE’S MILK CHEESE).

**ANDREW FELL**
PORRIDGE WITH BANANA AND PLENTY OF WATER.

**DANIEL OYSTON**
CADEL’S MOUNTAIN MIX, WATER WITH ELECTROLYTES AND SOME GELS.

“THE RIGHT SORT OF NUTRITION IS IMPORTANT TO ANYONE THAT IS ACTIVE AND IN MY SPORT IT CAN BE THE DIFFERENCE BETWEEN WINNING AND LOSING”

Cadel Evans,
Tour De France Champion 2011
Suitable foods include; energy bars, gels, chews, sports drinks and fruit.

Fatigue is caused when energy stores are depleted. If you don’t top up, glycogen stores will run out after 60-90 mins and fatigue will set in. Consuming carbohydrates from the beginning of the race will help keep your glycogen stores at the same level and help you to stave off fatigue.

Bonking
The greatest fear of cyclists is to “hit the wall” or “Bonk” - a condition of overwhelming fatigue caused by the depletion of glycogen stores in the liver and muscles. Without glycogen the body must use fat to produce energy, slowing the rider to a snail’s pace and causing reduced cognitive ability. Bonking is easily avoided by having an on the bike nutrition plan.

How to Fight Off Sports Fatigue
Consuming energy foods every 20 mins during a ride helps you maintain your energy stores and ride strong beyond one hour.

Bonking

Suitable foods include: energy bars, gels, chews, sports drinks and fruit.

“I set a timer on my watch and eat/drink whenever it beeps.”
Sarah McKay

Gels Replenish Depleted Energy Stores
Winners Energy Gels are an easily digestible carbohydrate that can be used during training and races. Specially developed for endurance athletes, they deliver the right mix of nutrients in one convenient package. They are a fast acting source of carbohydrates that can help prevent fatigue during a ride. The gels are also an alternative to solid food and don’t leave the rider feeling sluggish or “full” afterward.
Energy products are common practice in cycling nowadays. Here is our guide to what they are and how to best use them.

ENERGY PRODUCTS

ENERGY BARS
Energy bars are made from a mixture of cereals, nuts, seeds, currants and berries. They provide sustained energy during exercise and are good for pre ride carbohydrate loading.

DIRECTIONS FOR BEST USE
- Eat pre ride, early in ride and post ride.
- Use as healthy snack day to day.

ENERGY GELS
Energy gels are a thick liquid substance made of simple carbohydrates, as well as electrolytes. They are easily broken down by the body and provide a quick way to top up energy stores. The electrolytes play a role in maintaining body function and mental performance.

DIRECTIONS FOR BEST USE
- 10-15 mins prior to exercise: Consume one sachet.
- During exercise: Consume one every 30-45 mins with fluid.

ENERGY CHEWS
Energy chews combine a mix of simple carbohydrates, electrolytes and vitamins to provide an instant energy boost to counter the effects of sports fatigue and maintain body function.

DIRECTIONS FOR BEST USE
- 15 mins prior to exercise: Consume four chews.
- During exercise: Consume every 30 mins with fluid.

“WINNERS ENERGY PRODUCTS HAVE DEFINITELY HELPED ME TO IMPROVE MY PERFORMANCE IN RECENT YEARS. BUT THE GOOD THING IS THEY ARE NOT JUST FOR ELITE ATHLETES, THE SUSTAINED ENERGY BOOST THAT THEY PROVIDE WILL BENEFIT ANY ACTIVE PERSON.”

Cadel Evans,
Tour De France Champion 2011

Cadel Evans uses and recommends Winners Sports Nutrition

www.winnersbars.com
Discover the eating habits of the professionals and how some of our riders fuel during a ride.

**EAT LIKE A PRO**

Professional cyclists learn quickly the importance of eating consistently throughout a ride. In long races like the Tour de France one bad day can see your chances of success slip away. Riders in the peloton eat a variety of energy products and keep hydrated to ensure they ride strong right to the finish. This is a guide to what a typical rider would eat on a bike during a stage in one of the grand tours. Daily intake will vary depending on the rider, as well as the length and difficulty of the stage.

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**SEAN CONNELL**

**WHAT’S IN THE PACK:**

Bananas, fruit cake, bars, gels and if a really long ride a honey and peanut butter sandwich.

“Eat a bar or gel just prior to a climb to give yourself a psychological boost. If it is a really long climb (15-20km) have another one about half way up.”

**ANDREW FELL**

**WHAT’S IN THE PACK:**

Energy gels, muesli bars, bananas, Winners Cadel’s Mountain Mix bars.

“Find what works for you; try new stuff in training and not in races.”

**DANIEL OYSTON**

**WHAT’S IN THE PACK:**

Cadel’s Mountain Mix, energy chews and water/electrolyte mix.

“I use energy chews for a bit of a pick-me-up emergency or if I start to feel hungry.”

Sean Connell

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If you are planning a ride to last for a couple of days, it becomes even more important your body has the fuel it needs to ride, recover and then ride again.

RULES FOR NUTRITION ON EXTENDED RIDES

1. PLAN AHEAD
   When planning a long ride ensure you calculate how much food you will need. Find out whether the places you are staying have access to suitable food.

2. SCHEDULE WHEN YOU EAT
   Set your watch as reminder to eat and drink something every 20 mins.

3. SET A CARBOHYDRATE GOAL
   For rides over consecutive days aim for 80-100g of carbs every hour. This helps recovery and reduces the amount you must eat off the bike.

4. VARIETY
   Eating the same things can get tedious. Have a range of different flavoured energy products, as well as fruits and some light sandwiches.

5. PREPARE FOOD FOR AFTER THE STAGE
   Aid recovery by having food or drink prepared to eat immediately after the ride.

TOUR DE FRANCE

RACE FACTS:
- 21 days of racing.
- 3,430.5 km (the equivalent of riding from Melbourne to Perth).
- Cyclists spend over 90 hours racing during the 3 weeks.
- Highest summit 2,645m (400m higher than the highest mountain in Australia).
- Average speed of 39.79km/hr with top speeds nudging 100km/hr.
- A TDF rider requires between 5,000 and 9,000 calories per day. (That’s about 28 cheeseburgers).
- The food needs to be high quality and provide sustained energy.

RIDING FOR four months is hard work, especially in Africa where safe food and water were hard to come by. You learn quickly that good nutrition is vital to being able to keep going day after day.” Sean Connell

WINNERS WERE PROUD TO SUPPORT FOUR YOUNG AUSTRALIANS AS THEY CYCLED 7500KM THROUGH WEST AFRICA TO RAISE AWARENESS OF AND HELP PREVENT CHILD SLAVERY IN GHANA. THE PRODUCTS WE SENT OVER HELPED THEM TO REPLACE SOME OF THE 3200-4800 CALORIES THEY USED EACH DAY.

During a ride you damage your muscles, deplete energy stores and place strain on all the body’s functions. To recover properly requires carbohydrates to restore energy and protein for growth and repair of muscles.

**POST RIDE RECOVERY**

**IMMEDIATELY**

To speed your recovery process have a snack containing carbohydrates and protein ready to eat immediately after your ride. A chocolate milk is a good option.

15-30 mins after a ride the body can replace lost glycogen at 150% the normal rate.

**DINNER**

A large carbohydrate and protein rich meal, along with plenty of fluids, should be consumed for dinner. Homemade pizza, pasta with meat sauce or lean beef burgers are good options.

Aim for 3:1 carbohydrates to protein ratio for muscle growth and repair.

**1-2 HOURS**

Continue to replenish your glycogen stores and supply protein. Suitable foods include yoghurt, fruit, protein shakes, Winners GYM protein bars and rolls.

You should eat 50-100g of carbs within 2 hours of exercise.

**STOPPING AT A CAFE?**

Look for coffees containing low fat milk, as the protein helps repair muscles. Caffeine after exercise can also reduce muscle soreness and improve uptake of glycogen.

**LEARNING FROM THE AFL**

AFL FOOTBALLERS EMPHASISE THE IMPORTANCE OF PROTEIN IN RECOVERY FOLLOWING EXERCISE.

**AFL RECOVERY TIPS**

- 3:1 carbohydrates to protein after every session.
- Rest and recovery – Aim for a good night’s sleep and a 24-48 hr period of light training following hard workouts.

**PROTEIN — THE FACTS**

- Protein is in all the cells of your body and provides the building blocks for new cells and repairing older ones.
- Muscles are made from protein; whenever you exercise you cause slight damage to the muscles. Protein is required to repair this damage and strengthen the muscle.
- Protein alone does not increase muscle growth; it helps repair and restructure muscles after physical exercise.

What you eat and drink in the minutes after a session can make a big difference to recovery. I eat foods high in protein and carbohydrates to repair the muscles and to refuel my energy stores. Scott Pendlebury - AFL Footballer
Eating soon after your ride is vital to refuel energy stores, repair muscles and reenergise the brain.

What you eat and drink in the minutes after the ride can mean the difference between feeling good the next day and a very hard day at the office.

**WINNERS’ RECOMMENDED POST RIDE NUTRITION**
- Protein Shake.
- Chicken Curry with Rice.
- Winners Energy Bar.
- Fruit.

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**SCOTT PENDLEBURY**
AFL FOOTBALLER

“Have a plan and prepare food in advance of training. I focus on foods high in protein, low in fat and high in carbohydrates with plenty of water.”

**AFTER TRAINING NUTRITION**
- Winners Recovery Bar
- Banana.

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**SARAH MCKAY**

“The sooner you eat something the sooner you will recover.”

**POST RIDE NUTRITION**
- Winners GYM Protein Bar.
- Banana & Water.
DISCOVER THE FULL RANGE OF WINNERS ENERGY PRODUCTS AND SPECIAL COMBO PACKS AT WWW.WINNERSBARS.COM

GET BETTER

Cadel Evans uses and recommends Winners Sports Nutrition

Winners

www.winnersbars.com