

3 FOOD GROUPS TO ENHANCE YOUR CYCLING PERFORMANCE FOR SALLY'S RIDE 09

You can improve your cycling performance by choosing the right foods but you can make it even better by eating them at the right time. The following three food groups aim to help you get this balance right. They focus on foods to be eaten specifically before, during and after your training sessions.

GROUP 1 BEFORE TRAINING EAT:

Energetic Foods

Why?

Choosing foods that have a good source of carbohydrate before your training session provides your muscles with extra energy that prepares them for exercise¹.

Group 1 Foods

- Oranges
- Sesame Bars
- Grapes
- Banana bread

GROUP 2 DURING TRAINING HAVE:

Electrolytes for extended training sessions

Why?

Electrolytes are essential for keeping your body hydrated and help reduce the onset of fatigue². Consuming electrolytes during a sessions helps you replace those you lose from sweating.

Group 2 Foods/Fluids

- Premixed Electrolyte Drinks like like Gatorade®,
- Bananas

GROUP 3: AFTER TRAINING CHOOSE

Foods containing both good sources of carbohydrates and protein.

Why?

Muscles growth and repair is increased when you eat foods containing both good carbohydrate and protein after exercise³. This effect enables you to recover more quickly from each training session.

Group 3 Foods

- Chocolate milk
- Fruit and nut musli bars
- Mixed Berry Yoghurt with tinned peaches
- Orange and poppy seed muffins
- Carrot and walnut muffins

1) Romijn, J. A., Coyle E. F., Sidossis L. S. Gastaldelli A., Horowitz J. F. Endert E. & Wolfe R. R. (1993). Regulation of endogenous fat and carbohydrate metabolism in relation to exercise intensity and duration. *The American Physiological Society*, 10: 380-391

2) Powers A. K. & Howley E. Y. (2007). *Exercise Physiology Theory and Application to fitness and performance*, 6th Edt McGraw- Hill: New York.

3) Koopman, R., Pannemans, L.E., Jeukendrup, A.E., Gijsen, A.P., Senden, J.M.G., Halliday, D., et al. (2004). Combined ingestion of protein and carbohydrate improves protein balance during ultra-endurance exercise. *American Journal of Physiology. Endocrinology and Metabolism*, 287, E712-E720.

This document was created with Win2PDF available at <http://www.win2pdf.com>.
The unregistered version of Win2PDF is for evaluation or non-commercial use only.
This page will not be added after purchasing Win2PDF.