



One Week Snapshot

Training for the Lake Taupo Cycle Challenge is an achievement in itself, and Tom Shand Dietitian wants to make every week of your training count. Below is a typical training week, so our dietitian Tom Shand has given some suggestions on how to match nutrition to your training, so you can get more out of each session. R- Line and Clif Bar are sponsoring the event, so I have used their products. Other products are just as effective, but these will be on course on event day, so they are worth trialling in advance. Remember, the basics of healthy eating still apply, so load up on vegetables, snack on fruit, choose real food where possible, and enjoy your food. Happy Training!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal
Total hrs: 7	Rest Day	Short Hills 1hr	Rest Day/Stretching and core strength	Long Hills 1hr 30	Rest Day/Stretching and core strength	Rolling Terrain 1hr 30	Endurance 3hr	Build

Rest/Stretching

- Focus on healthy, and nutritious foods.
- You may need to eat larger portions to recover properly from the previous days exercise, especially on Monday.
- Protein will help you recover and stabilise your appetite.

Key Foods:

Meat, fish, chicken, eggs, dairy.

Nuts, seeds, lentils and legumes.

Fruit, vegetables.

Short Hills/Long Hills

- Carbohydrates during these sessions will help you train harder, but are not necessary every session.
- Recovery after these hard sessions is important. Try to eat soon after exercise, and include at least 60g of carbohydrates and 20-30g of protein.
- If you are a bit bigger, or it was a tough session, have more carbs.
- Make sure you include protein in each meal and snack throughout the day.

Rolling Terrain

- Use these sessions to practise event day nutrition.
- Carbohydrates will help you train harder, but if this is more of a steady ride for you, they may be unnecessary and it is good to train without them sometimes.
- Stay hydrated through the ride (at least 500ml/hr of fluid), drink plenty afterwards, and include some sodium (salt) in your recovery fluid or meals.

Endurance Ride

- This is your key session for the week, so nutrition will play an important role.
- Prepare for this cycle with a hearty meal 1-4 hours beforehand.
- This meal should contain plenty of grainy carbohydrates.
- Carbohydrates during this session will help you maintain training quality, so consume at least 60g/hr.
- Eat carbs and protein ASAP after exercise, and feast the rest of the day

Eat

- 30-60g of carbohydrates per hour for shorter rides = 1-2 gels or 1 Clif bar each hour*
- 60-90g of carbs per hour on long rides: 1 Clif Shot gel + 1 Clif bar*

Total needed this week:

- 7 Clif Shot gels
- 4 Clif bars

Drink

- 500mls of fluid per hour during exercise
- After: 1 – 1.5 litres for every hour exercised
- Add a electrolytes for more effective hydration
- No electrolytes? Simply add salt to meals

*Gel Equivalents

Gels and sports bars aren't the only way to fuel your training, but they are convenient. Here are some other options. Tom Shand Dietitians [Taupo specific plan](#) also has recipes.

- Banana
- 50g of dried fruit
- Muesli bar
- Pikelets
- 1 bread with honey/jam
- Egg size potato
- 150g of grapes
- Handful of lollies

Tom Shand Dietitian

- Personalised Nutrition advice to suit your needs
- Skype consults
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