



Eight Weeks and Counting...!

It is getting to the business end of your training and Trailblazer Nutrition wants to help make the final weeks 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, to get more out of each session. Nuun and Clif Bar are sponsoring the event, so I have used their products. Other products such as are just as effective, but these will be on course on race day, so you 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 Trailblazing!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal
Week 10: 10th October	Rest Day	Short Hills	Rest Day/Stretching and core strength	Long Hills	Rest Day/Stretching and core strength	Rolling Terrain	Endurance	Build
Total hrs: 7		1hr		1hr 30		1hr 30	3hr	

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 carbohydrates and protein.
- 20g of protein and 60-80g of carbohydrate preferably.
- 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 last 500ml/hr of fluid, drink plenty afterwards, and include sodium (salt) in your 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 longer rides = 1 gel + 1 Clif bar*

Total needed this week:

- 7 gels
- 4 Clif bars

Drink

- 500mls of fluid per hour during exercise
- After: 1 – 1.5 litres for every hour exercised
- Add a Nuun electrolyte tab for more effective hydration
- 10-15 tablets this week!
- No Nuun? 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. Trailblazer's [Taupo specific plan](#) also has recipes.

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

Trailblazer Nutrition

- Personalised Nutrition advice to suit your needs
- Skype consults
- Taupo specific nutrition plans
- Written nutrition plans

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