



FUELING THE FONDO

NUTRITION STRATEGIES TO SUPPORT YOUR RIDE

MAKE A PLAN

Having a plan for your nutrition will help you maintain your energy levels, minimize digestive discomfort, and accelerate recovery. It doesn't need to be complicated. Having a general idea of when and what to eat and drink can be enough to keep you feeling great.

This document will help you build this nutrition plan including:

- 1 WHAT TO FOCUS ON** the day before the Fondo to set you up for success
- 2 WHAT WILL BE PROVIDED** at each aid station and a nutrition focus to guide your fueling

For individualized fueling & hydration strategies, visit
www.performancenation.ca

DAY BEFORE THE FONDO

What you eat and drink the day before plays a big role in how you will feel on your ride. To optimize your performance, focus on the following strategies:

- 1 EAT CONSISTENTLY**
Eat every 2-4 hours by including snacks between meals.
- 2 FUEL UP WITH CARBOHYDRATES**
Focus on carbohydrate-rich meals and snacks, as it is the preferred source of energy for your brain and muscle.
(see "Sources of Carbohydrates" on right of page)
- 3 STAY HYDRATED**
See "Hydration Tips" on right of page.

SOURCES OF CARBOHYDRATES

GRAINS & STARCHY VEGETABLES

E.g. rice, quinoa, oats, bread, crackers, pretzels, pasta, potato, sweet potato, cereal, muffins, chickpeas



FRUIT

E.g. banana, grapes, apples, berries, dried mango, raisins, dates, 100% fruit juice



DAIRY PRODUCTS & NON-DAIRY ALTERNATIVES

E.g. cow's milk, oat milk, chocolate milk, plain and flavoured yogurt, kefir



ADDED SUGARS

E.g. maple syrup, honey, candy, cookies, sport foods and fluids



▶▶ CARBOHYDRATE-RICH FOODS PROVIDE ENERGY

HYDRATION TIPS

START EARLY

Drink a glass of water as soon as you wake up

KEEP VISIBLE

Carry a water bottle with you and sip on it through the day

DRINK WITH FOOD

Use mealtime as a reminder to drink more fluids (>500mL with each meal)

ADD SALT

Sodium is the electrolyte we lose the most of through sweat. It also helps our body absorb fluid to hydrate. Increase your sodium intake the day before by salting your food, choosing salty sauces (e.g. soy sauce, pasta sauce, etc.), eating salted foods (e.g. pretzels, pickles, cheese, bread, etc.) and/or drinking salty fluids (e.g. tomato juice, sport drink, electrolyte products, etc.)

DAY OF THE FONDO

COME PREPARED



Bring foods you have been training with to the start line. Aim to be fairly self-sufficient and use the rest stops to supplement when needed.



Plan to carry 2 bottles on your bike - one with water and one Blonyx Hydra+. Blonyx Hydra+, which will be available at each rest stop, is a great source of easy energy to have access to the whole ride.

FUEL UP WITH CARBOHYDRATES

Start the day off with a carbohydrate-rich breakfast. If your appetite is low , consider a small snack (e.g. banana, fruit bar, granola bar, sport drink, etc.) after breakfast before you start your ride.

MAINTAIN YOUR ENERGY

Throughout the ride, prioritize hydration and carbohydrate intake, and eat foods that contain protein and fat as tolerated.

- ★ Aim for 60-90 grams of carbohydrate per hour of riding. Practice this during your training rides ahead of time.
- ★ Stay on top of your fueling with a consistent schedule. For example, aim to consume some carbohydrate every 30 mins and sip on fluid every 15 mins. Eat consistently for steady energy, but don't consume more than you need.
- ★ Fuel early in the ride even if you don't feel you need it. This will support your energy levels later in the ride. It's really tough to catch-up on your fueling later in the ride, so don't fall behind!
- ★ Use liquid nutrition (e.g. Blonyx Hydra+) to provide easy-to-digest energy in your bottle. This is especially helpful if you are not overly comfortable eating while riding.
- ★ Aim to consume ~500-750mL fluid every hour. This amount will vary based on your body size, individual sweat rate, and the weather. Include fluids with sodium (e.g. Blonyx Hydra+, other sport drinks and/or electrolyte products).

EXAMPLES OF ~30g CARBOHYDRATES

Items at the top of the list are easier to digest. Items at the bottom of the list are harder to digest.

These options will be available at the rest stops. Options will vary between rest stops.



3 scoops Hydra+ mixed with 500ml water



1 cup, i.e. 250mL Pop (e.g. Coke, Iced Tea, Lemonade)



500ml commercially available sports drink



Small handful candy (e.g. 5 gummy worms)



Small handful dried fruit i.e. 1/3 cup or 6 apricots (e.g. blueberries, cranberries, apricots)



1 medium banana



1 medium orange



2-3 rice cakes



20 small pretzel twists



2 waffles



3 mini brownies



¾ to 1 baked good (e.g. cookies, scones, lemon squares, etc.)



4 mini donuts



1 snack-size bar Hornby Energy Bar



¾ of full-size bar Hornby Energy Bar



NEED AN EXTRA BOOST?

Supplementation with 1.5-3mg of caffeine per kilogram of body mass before and/or during exercise has been shown to reduce perception of effort and fatigue. Having a CELSIUS Energy drink - which provides 140mg of caffeine - or a strong cup of coffee could provide you with the boost you need to power you up the road to Whistler.

USE THIS OVERVIEW OF THE REST STOPS TO HELP YOU MAKE YOUR PLAN

Rest Stop	Nutrition Focus
Britannia Beach (51km)	Are you settled into a fueling routine? Take advantage of the next section to fuel so you have enough energy for the climb. Focus on carbohydrates (e.g. Blonyx Hydra+, fruit, candy), but consider including more energy with foods that contain some protein and fat as tolerated (e.g. Hornby bar, baked goods, chips).
Alice Lake (73km)	Are you hydrating enough? Keep on-top of your hydration with fluids and electrolytes. Get electrolytes from Blonyx Hydra+ or salted foods (e.g. pretzels, bread, chips, jerky). Top-up your energy with these and other easy-to-digest foods and/or fluids to prepare for the start of the climb (e.g. fruit, candy, cookies, pop).
Salt Shed (88km)	Do you have enough energy for the rest of the climb? Keep up your energy with carbohydrate-rich foods and fluids (e.g. Blonyx Hydra+, fruit, baked goods, candy, chips, pop). Consider something more filling (e.g. sandwich) as tolerated to provide more energy and some protein.
Brandywine (105km)	Do you have what you need to make it to the finish? For this last push, take in easy-to-digest foods and/or fluids to keep your energy levels up and stay hydrated (e.g. Hornby snack bar, fruit, candy, Blonyx Hydra+, pretzels). Cramping? Pickles may help minimize your cramping.