



PERFORMANCE NATION

POWERED BY CANADIAN SPORT INSTITUTE PACIFIC

OFFICIAL NUTRITION ADVISOR OF

RBC
Gran Fondo
WHISTLER



FUELLING 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 to guide your fuelling & hydration strategy

» For individualized fuelling & 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 3-4 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, pasta, potato, sweet potato, cereal, pancakes



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 mealtimes as reminder to drink more fluids. Target 1-2 glasses of fluid e.g. water, juice, at each main meal. The sodium present in the foods that you eat will help your body to retain more of the fluid that you consume.

DAY OF THE FONDO

TOP UP YOUR FUEL LEVELS AND HYDRATE

Begin the day off with a carbohydrate-rich breakfast to further top-up your fuel levels. To hydrate, target 5-7mL per Kg of fluid in the 1-3 hours before you start.

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.

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 with a carbohydrate electrolyte drink (e.g. Blonyx Hydra+). **Remember:** Blonyx Hydra+ will be available at each rest stop.

MAINTAIN YOUR ENERGY

Throughout the ride, prioritize hydration and carbohydrate intake.

- ★ Aim for 30-90 grams of carbohydrate per hour of riding, using a combo of food (e.g. bananas) and fluid (e.g. BlonyxHydra+).
- ★ Stay on top of your fueling hydration 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.
- ★ Start fueling early even if you don't feel you need it - this will support your energy levels later in the ride.
- ★ Aim to consume ~500-750mL of fluid every hour. The amount you need will vary based on factors such as the intensity at which you are riding, your body size, and environmental conditions. Using a carbohydrate electrolyte drink (e.g. Blonyx Hydra+), can help contribute to your fluid and hydration needs simultaneously.



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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



3/4 to 1 baked good (e.g. cookies, scones, lemon squares, etc.)



1 peanut butter sandwich



1 snack-size bar
Hornby Energy Bar



3/4 of full-size bar
Hornby Energy Bar

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

Rest Stop	Which Race?			Nutrition Focus
	Medio	Fondo	Forte	
Callaghan (27km)	✓	✗	✗	Medio riders: Halfway there? You're halfway through the ride. Refuel after the descent with carbohydrate-rich foods and fluids (e.g. Blonyx Hydra+, fruit, baked goods, candy) to prepare for the final climb and finish strong.
Britannia Beach (51km)	✗	✓	✓	Are you settled into a fuelling 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. sandwiches) as tolerated to provide more energy and some protein.
Brandywine (105km)	✗	✓	✓	Ready for the finish? Fondo riders, this is your final rest stop. Top up with easy-to-digest carbohydrates, fluids, and electrolytes (e.g. Blonyx Hydra+, fruit, candy, pretzels) to maintain energy all the way to the finish.
Callaghan (121km)	✗	✗	✓	Forte riders: Final climb ahead? This is your last rest stop before the final climb. After recovering on the descent, top up with easy-to-digest carbohydrates, fluids, and electrolytes (e.g. Blonyx Hydra+, fruit, candy, pretzels) to carry steady energy through to the finish.