



Tour De Cure Nutrition Guidelines

Qualified Naturopathic Nutritionist, Tamara Madden shares professional advice on how to fuel for long training rides and during your Tour de Cure event.

JERF - Just Eat Real Food

Athletes need to eat a nutrient dense diet with good quality protein and fats, and healthy carbohydrates. Make time for meal preparation and be organized for the week ahead. Do not rely on packaged and processed foods.

How much Protein? If you are training most days then you need 1.2 -1.5 grams per kilo of body weight per day. e.g. a 70kg person will need around 85-105 gms for protein per day.

- 100gs cooked chicken/fish/beef = 35 gms
- 2 eggs = 16 gms
- Oats/Quinoa/Buckwheat = 1 cup cooked is around 10 gms

How much Carbohydrate? This depends on your body composition, training and goals. As a guide – after hard training sessions, or endurance sessions, aim to include at least 1 gm of carbohydrate per kilo of body weight in your post training meal.

The most important thing is to *consume quality carbohydrates* such as vegetables, whole fruit, wholegrains (brown rice, quinoa, buckwheat, wholegrain bread)

Avoid processed carbs such as refined sugar such as lollies, soft drinks, sweetened yoghurts, as well as refined flours – such as cakes, biscuits, bakery items and poor-quality breads.

How much Fat? - this varies with body type, training load and goals.

Fat is an essential part of your diet and should be included in **small amounts** at each meal.

Avoid poor quality fats such as vegetable oils (Canola, margarine) and trans fats that are found in deep fried foods and baked goods. These fats are highly inflammatory and damaging to the cells.

Include healthy fats – Olive oil, butter, coconut oil and cream, nuts and seeds, avocado and oily fish (Sardines are the best !!)



Recovery Nutrition is essential

Always eat a meal / snack within 45 minutes of finishing all exercise/sport. This is the best time of the day to include carbohydrate in a meal, be it fruit, vegetable or whole grains.

It is also important to include some quality protein after training – this can be eggs, meat, tofu, dairy or protein powder.

Not eating after training will compromise glycogen replacement, result in fatigue and potentially immune system issues.

Meals ideas post training:

- Eggs on Wholegrain toast with a side of spinach
- Omelet with lots of vegetables - mushrooms, capsicum, corn, sweet potato
- Smoothie with protein powder and some berries or banana and milk
- Steak and Salad with some mashed sweet potato
- Steamed Fish with salad that includes a “below the ground “vegetable such as with beetroot or sweet potato

Nutrition tip: Plan ahead ... arriving home after training with no idea what you are going to eat can lead to poor choices and grabbing for quick processed and packaged snacks. When you are planning your training for the week ahead, also plan your meals and shop accordingly so that you have healthy food options available.



Hydration and Fuel Guidelines for long rides

Why is staying hydrated so important during your ride?

Water is key in keeping your blood, which contains much needed oxygen and sodium, flowing quickly and easily to your heart, lungs and muscles—as well as helping every body part needed to run well function at its peak. However, when you become dehydrated, consequently your blood becomes thicker, which makes your heart work harder to pump blood to the body parts that need it.

Is it possible to be over-hydrating?

Yes, especially for less experienced athletes, and in very hot conditions.

You can actually drink too much water - this is called hyponatremia.

When you sweat during exercise you are also losing salts – mostly sodium.

How much do you need?

It depends on how much you are sweating, and if you are a “salty sweater” or not. As a guideline for 2-3 hr rides most athletes are fine with around 500 -800mls water per hour, for this distance it’s a good idea to also have some extra sodium – this may come from an electrolyte tablet, sports drink or food. If you are heavy sweater, prone to cramping or are covered in white crust at the end of the day, you may need to increase your salt intake.

What about Fuel?

What should you eat each evening before cycling?

Simple meals that contain mostly carbohydrates a small amount of protein

Potato, sweet potato, pasta, white rice, bread, vegetables and fruit, with a small protein like eggs, fish or chicken. Go easy on the red meat unless you are great at digesting it.

What should you eat for breakfast?

Carbohydrates – white bread, crumpets, banana, yoghurt, or an energy bar are good choices.

Protein and Fat need 2 hours to completely digest – but if you have a good digestive system and the riding pace is not too fast at the start of the day then a small amount of protein like eggs or oats would be good.

Caffeine can be helpful for performance as it reduces the perception of pain!



What should you have on the bike?

The main source of fuel during the time you are cycling is your fat stores and stored glycogen (carbohydrate).

Fat burns in a carbohydrate fire – so you need to continually top up on small amounts of carbohydrates (fuel) to keep the fire burning – think of it as kindling on a fire, or the wick of a burning candle.

Your stored carbs (glycogen) in your liver and muscles will last around 90 mins (depending on your pace and fitness).

During your 2-3 hr training rides start with around 25 -30 gms of carbohydrates **per hour**. (100 - 120 calories)

25gms of carbs is: 1 banana, 1 sandwich, 1 slice banana bread, 3 dates, 1 energy bar, 1 gel, 1 serve blocks, 1 serve of sports drink

Even if you don't feel like you need it - it is important to start the process of learning to take on board carbohydrates during your rides, as when the distances start to increase, you will need to stay on top of your fueling every 20-30 minutes so that you don't "bonk" – this is when you run out of glycogen, and can no longer burn your fat for fuel – no amount of mental strength or leg strength will help you !



Tour de Cure Cycling Event

- **What should you eat each evening before cycling?**

Simple meals that contain mostly carbohydrates a small amount of protein

Potato, sweet potato, pasta, white rice, bread, vegetables and fruit, with a small protein like eggs, fish or chicken. Go easy on the red meat unless you are great at digesting it.

- **What should you eat for breakfast?**

Carbohydrates – white bread, crumpets, banana, yoghurt, or an energy bar are good choices. Whatever you normally eat before a long training ride.

Protein and Fat need 2 hours to completely digest – but if you have a good digestive system and the riding pace is not too fast at the start of the day then a small amount of protein like eggs or oats would be good.

Caffeine can be helpful for performance as it reduces the perception of pain !

- **Hydration**

This should be maximised in the 2-3 days lead up to the event – with water and salts/electrolytes.

During the ride most people will need **600-800mls water per hour**, along with salt/electrolyte replacement. It maybe a combination of sports drink, plain water, and additional salt tablets if you are a heavy sweater

- **Fuelling during the day**

The main source of fuel during the time you are cycling is your fat stores. Fat burns in a carbohydrate fire – so you need to continually top up on small amounts of carbohydrates (fuel) to keep the fire burning – think of it as kindling on a fire

Through each day you are riding you need **around 25 -30 gms of carbohydrates per hour. (100 - 120 calories) minimum. Depending on your pace, training and fitness - some people with need up to twice this amount. (60gms carb)**

25gms of carbs is: 1 banana, 1 sandwiches, 1 slice banana bread, 3 dates, 1 energy bar, 1 gel, 1 serve blocks, 1 serve of sports drink

If you are having lunch on the ride – the same rules as breakfast – carbs and a little protein. Don't over eat at lunch – it is best to have small but frequent amount of fuel (kindling) coming in.



Tamara Madden **Nutritionist - Sports Specialist**

I am a passionate and realistic Qualified Naturopathic Nutritionist. I love supporting and educating my clients about how to improve their well-being and get the best out of their bodies. I am also an avid runner, and triathlete having completed many marathons, triathlons and ultra events over the past 10 years. I love working with clients who are embarking on sporting challenges and events – whether it be your first 5km, a 100km ultra, Ironman or a multi-day event.

If you are investing months into physically training your body, you need to also invest time into understanding how to nourish and fuel your body to ensure you achieve your goal. Proper nutrition before and during an event can be the difference between achieving your goals or not.

What should I expect from a private consultation with a nutritionist?

I will work with you to achieve your goals whether it is weight loss, improved exercise performance, increased energy levels, or a specific health issue that concerns you. I will guide you through the maze of food choices and help you to understand the importance of good nutrition, both on and off the bike and what the best choices are for **you**.

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