



Beginner/Intermediate Group

REAL WORLD NUTRITION FOR THE BEGINNER AND INTERMEDIATE CYCLIST

PART I: ORIENTATION

The Merriam-Webster definition of an athlete is:

ath-lete (noun): a person who is trained or skilled in exercises, sports, or games requiring physical strength, agility, or stamina.

The Merriam-Webster definition of a cyclist is:

cy-clist (noun): one who rides a cycle

Because we are here today, and because you have every intent to be here next week, we can, and do, call ourselves cyclists. But, can we call ourselves athletes as defined by Merriam-Webster?

There are hundreds of books and thousands of articles on the subject of nutrition for the athlete in general and, specifically, for the athlete in training.

The problem is that books and articles on nutrition for the athlete first assume you are an athlete, as defined by Merriam-Webster, and let us face reality, folks, few of these books or articles apply to the beginning and intermediate cyclist who is first, trying to keep from falling off the bike, and second, realizes that in the next 6 months he or she we will not become the elite cyclist we either were, or could have been.

But, that is not to say that we cannot benefit from these articles and that we should ignore the principals they present. What we, as beginners and intermediates, with limited time for serious training, must

do is modify the principals to the reality of our capabilities.

In summary, all this means is that you need to be very careful how you apply the calorie and food intake recommendation in training plans meant for athletes in training. We must simply adjust the recommendations to the reality of the intensity of the training we are actually doing and what we are capable of. It is very easy to follow a diet recommended for athletes in training and end up actually gaining weight quickly.

Choose, and follow, training and nutrition programs that are applicable to your current reality and adjust the programs as you become more fit, more skilled, and more sure of your ultimate cycling goals.

Article by Henry Payán - based on opinion and experience.

PART II: ENERGY

Lining up every imaginable energy gel and scrutinizing the nutritional fine print isn't unheard of for serious endurance athletes. But here at GU, our job is to help you focus on your workouts, not ruin your eyesight. The table below provides a quick comparison of the critical components of the energy gels most readily available at retail.

	Roctane Ultra Endurance Energy Gel	GU Energy Gel	POWERBAR Gel	CLIF SHOT gel	Hammer Gel
Calories	100	100	110	100	90
Amino Acids	1200mg	450mg	0mg	0mg	45mg
OKG	480mg	0mg	0mg	0mg	0mg
Total Carbs	25g	25g	27g	25g	23g
Type carbs	Maltodextrin, fructose	Maltodextrin, fructose	Maltodextrin, fructose	Brown Rice Syrup	Maltodextrin, fruit juice, dextrose
Sugar	5g	5g	10g	8g	2g
Sodium	125mg	55mg	200mg	40mg	40mg
Potassium	55mg	45mg	20mg	30mg	0mg
Caffeine	35mg	20mg	0mg	0mg	0mg
Antioxidants	NONE	100% Vit C 100% Vit E	NONE	NONE	NONE
NET WT	32g	32g	41g	32g	36g

Roctane values based on Vanilla Orange flavor. All other gel values based on Vanilla flavors.

PART III: BURNING ENERGY

Supplements

In general, if your ride is less than an hour, you do not need to consume energy drinks or supplements. By doing so you are using the calories you consume in the drink or supplement and do not use any stored calories.

For longer rides, you should consume energy drinks or supplements about every half hour for the duration of the ride and it is important to start taking them early in the ride and not wait until you feel depleted, when it is too late to replace what you have lost.

Effect of Cadence

Cadence is simply the number of revolutions your legs are going through per minute as you pedal. Low cadence normally means you are pushing your gears hard and that you are in a large gear or mashing. Too high a cadence can mean you are pushing a too easy gear and may be wasting energy without much speed.

You are all aware of aerobic and anaerobic states. It is generally accepted that when you are using a high cadence which puts you at about 70 to 80 % of your max heart rate, you are aerobic and are burning more stored calories more efficiently and can actually go longer.

Pushing too big a gear at low cadence means you will be using your large thigh muscles, which will require more energy and more quickly puts you in the anaerobic state, and you will run out of gas and bonk.

The idea is to get used to a cadence of 90 or above, but certainly not under 70.

Start in an easy, or large rear sprocket and maximize the cadence. If it gets too easy go to a smaller rear sprocket. Eventually, you should be able to maintain 90 to 120 cadence at speeds above 20 mph.

PART IV: CITATIONS

<http://www.bicycling.com/article/0,6610,s1-4-21-1028-1,00.html>

<http://www.bicycling.com/article/0,6610,s1-4-21-21409-1,00.html>

www.bottombracket.co.uk/cycling-nutrition.html

www.lostrivercycling.org/nutrition.html