

# Nutrition Overview

	Timing	Carbohydrates	Fluids
Pre-Ride (Select range based on time left until start, and gastrointestinal tolerance)	3-4 hrs before ride	3-4 g/kg of body weight	~2 hrs before - 16-20 oz water
	1-2 hrs before ride	1-2 g/kg body weight	~2 hrs before - 16-20 oz water
Intra-Ride	Ride <60 minutes (Zone 1-2/Easy Ride)	Nothing	24-30 oz water
	Ride <60 minutes (Zone 3+/Moderate or higher)	30-60 g	24-30 oz water or electrolyte drink
	Ride 60-120 minutes	30-60 g	24-30 oz electrolyte drink per hour
	Ride >120 minutes	30-90 g	24-30 oz electrolyte drink per hour

- Carbohydrates are vitally important for performance and proper brain functioning
- Dehydration causes athletes to experience increased fatigued and errors, as well as delayed cognition and reaction time
- For longer, harder, or hotter rides use an electrolyte containing drink
- Improper nutrition and hydration before and during rides increases the risk of injury to athletes
- Pre-ride recommendations are either/or (pick the guideline that best fits your situation), and only necessary for harder rides (Zone 2+) or rides over an hour
- During rides it's important to eat and drink from the start and then regularly throughout the ride (every 10-15 minutes)
- Try to avoid high-fat, -protein or -fiber foods close to or during rides to reduce the risk of GI issues