

# Coeus Notes: NICA Leaders' Summit

## Managing Risk and Injury with Sports Nutrition and Training Intensity

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### Nutrition Overview

It can be difficult to keep up on when and what to eat before and during a ride. Here's a useful chart with the timing and amount of carbs and fluids to consume to fuel effectively for your next adventure!

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

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### Training Intensity


Using free tools like these to manage training intensity helps reduce injury risk, promotes better performance, and decreases the likelihood of chronic fatigue.



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RPE Chart

| RPE |                         | ZONE  |
|-----|-------------------------|-------|
| 0   | Resting/<br>No Activity |       |
| 1   | Really Easy             | 1     |
| 2   | Easy                    | 2     |
| 3   | Moderate                | 2 2/3 |
| 4   |                         | 3     |
| 5   | Hard                    | 3     |
| 6   |                         | 4     |
| 7   | Very Hard               | 4     |
| 8   |                         | 4     |
| 9   | Very, Very Hard         | 5     |
| 10  | Maximal                 | 5     |



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Zones

| ZONE |   |
|------|---|
| 1    | Active Recovery                         |
| 2    | Long Endurance                          |
| 3    | Medium Endurance                        |
| 4    | Threshold                               |
| 5    | Suprathreshold<br>(VO <sub>2</sub> max) |



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Talk Test

| LEVEL | Talking on the phone with peers:<br>15 sec. at a normal rate and volume...                                    |
|-------|---|
| 1     | I wouldn't be able to tell<br>you're working out  |
| 2     | I could tell you're active, but<br>you're an active participant   |
| 3     | You'd become unhelpful<br>to the group, couldn't<br>keep track of information,<br>but could still mostly talk |
| 4     | Speech is impaired and<br>you're not useful to the<br>conversation  |
| 5     | You'd be unable to talk<br>at all or maybe a couple<br>words at a time, but it's<br>very difficult to do so   |

| Estimated<br>Riding Time |
|--------------------------|
| 20-60 min.               |
| 1-3+ hrs.                |
| Up to 60-90 min.         |
| 30-60 min.               |
| <5-10 min.               |

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