FUELING YOUR 75KM GRAVEL RIDE

⏱ THIS NUTRITION PLAN IS BASED ON A **2.5H TO 3H RIDE**

RACE DAY -3ᵈ & -2ᵈ

700g to 800g carbs

Min. 2 Liter fluids

Include a (low-fiber) carb source such as cereal, bread, pasta, rice… with every meal. Incorporate 3 high carb snacks in your meal plan such as the **ENERGY CAKE.** Hydrate with drinks that provide both carbohydrates and electrolytes such as the **ENERGY SPORTS DRINK**.

PRE-RACE MEAL -3-4ᴴ

200g to 300g carbs

500-750 ml fluids

Stick to foods you are used to eat.
Focus on (low-fiber) high carb foods such as cereal, bread, jam, pancakes, pasta, rice… Incorporate liquid carbohydrates such as the **ENERGY SPORTS DRINK** when you have difficulties eating enough carbohydrates.

BEFORE ➔ **RIDE** 🔥 **±60Gᶜᴬᴿᴮˢ/ᴴ** ➔ **AFTER**

+ MINIMUM 450MG SODIUM

ONLY IF HUNGRY

DRINK 150ML WATER AFTER INGESTING EACH BAR OR GEL FOR OPTIMAL ABSORBTION

WITHIN 30MIN

ENERGY BAR   **ENERGY CAKE**   **ENERGY FRUIT**   **ENERGY GEL**   **RECOVERY SHAKE**

-60' → -15' → **START** → **75KM RIDE**

Drink 500ml HYDRO/ORS, or what you can tolerate, in the final hour before the race.
- *normal weather:* 1 stickpack / **500ml (HYDRO)**
- *hot & humid weather:* 2 stickpacks / **500ml (ORS)**

Drink 500ml **ISOTONIC SPORTS DRINK** (150-200ml every 15-20 min) each hour. This drink will provide energy, electrolytes and fluids. Drink extra water as needed during the ride and refill at every aid station to avoid > 2-3% dehydration.

OPTIMIZE YOUR RECOVERY!
Consume 1 serving of **NIGHT PROTEIN** 30 minutes before bedtime on race day and race day +1d to aid recovery while sleeping!

TRAIN THE GUT !
Never try a new nutrition plan for the first time during your race!
In the final weeks leading up to the race, pick one longer training session per week, and practice your race nutrition plan to make sure your stomach and intestines are accustomed to your race day nutrition plan!

There are multiple ways to fuel your gravel ride, this is just one example. Contact info@6dsportsnutrition.com for additional questions.

✦ Items are provided during the ride