



THE PRINCESS MARGARET
RIDE
TO CONQUER CANCER®

2023

The Ride Fuelling Plan

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INTRODUCTION

Making sure that you have a fun and safe Ride weekend is one of our main priorities.

One of the best ways to ensure this is to guarantee that you are fuelling your Ride properly. With a bit of preparation and practice, properly fuelling yourself is one of the easiest ways to improve your Ride experience.

Evolution in the thinking around the importance of fuelling is one of the biggest changes happening in the world of cycling at the moment. We use the term fuelling, rather than nutrition, because that's really what you are doing.

Eating while riding fuels your tank. The more high-quality fuel you can put into your tank and burn, the better your Ride will be.

Calories

It used to be thought that athletes could only take in about 240 calories per hour, but we now know that the body can take in upwards of 300 calories per hour, if not more. Keep in mind that each person is different, so your fuelling strategy needs to be personalized and practiced before you begin your Ride.

You don't necessarily need to ingest 300 calories per hour, but one gel per hour at 75 calories might not be enough either.

Pay attention to getting in more calories while cycling, and you will notice a significant difference in how you feel towards the latter parts of your Ride.

Implementing better fuelling:

One thing we want to avoid as we try to get in more calories in on a long ride is an upset stomach.

How do we go about doing this?

Practice and Plan

Training your gut to get used to the feeling of taking in more fuel while Riding is an important task.

Aim to create a plan with an hourly caloric intake goal, which you can then test and practice. For instance, say your goal is 150 calories/hour. You could plan to eat half a bagel with jam each hour to see how your stomach feels. If your stomach feels OK, try three-quarters of a bagel, and see how you feel then.

With practice, you can get your gut ready to be comfortable taking in more fuel while riding.

Fuel Preparation

Since one of the easiest ways to fuel your Ride is with a high calorie drink mix, the Ride has partnered with F2C Nutrition to ensure that all Riders stay properly fuelled.

By mixing 2 to 3 scoops of F2C product into a bottle with water, and finishing one bottle per hour, you can maintain your much needed goal of 200-300 calories in no time at all, all while staying properly hydrated.

Make sure to measure out a few extra baggies of drink mix (one bottle/baggie) as well, so you can refill your bottles at rest stops along the way.

If you would much rather prepare food beforehand, think of snacks like a bagel or a jam sandwich as an option. Each of these is roughly 250-300 calories in total, and since the rest stops at The Ride will also have bagels, jam, and Rice Krispie squares prepared for you, you won't have to worry about that next calorie-filled snack for too long.

For something a bit more fun, consider using jujubes as fuel. As mentioned in the next section, you will need to keep an eye on the fiber content of your fuel when deciding on what you'll eat, but Jujubes can come as a nice reward after climbing a steep hill.

Reduce Fiber and Fat

A big part of avoiding an upset stomach is to limit how much fiber and fat you eat before your Ride.

Simple meals like chicken and white rice for dinner, or a couple of bagels rather than oatmeal in the morning, will make a big difference.

By staying on top of your meals, you will reduce the amount of fiber and fat in your gut on event day.

Breakfast Timing

Make sure to eat your breakfast a couple of hours before your start time. This will allow the body to digest the food, and to settle before you start your Ride. You may also find that you are a bit nervous the day of your event, but that is completely normal.

The Ride is as much fun as it is a challenge, but being nervous can also make our tummies rumble a bit.

Bonking

In cycling, the term for running out of fuel is bonking. Your legs feel empty, and you just can't push anymore. We want to avoid the dreaded bonk. We can do this by fuelling properly and making sure that the gas tank stays topped up.

If you do find yourself starting to feel fatigued, the best plan is to get in a good dose of sugar. A gel or some Coca-Cola will give you a quick lift. From there, you need to get back on the fuelling train to make sure you stay topped up for the rest of the day.

PUTTING IT ALL TOGETHER

No matter what sort of Ride you have planned, increasing the amount of fuel you put into your tank will have a positive impact on your event.

To make it all work, be sure to practice ahead of time, pay attention to a few details like fiber content, how many calories you are ingesting each hour, and the timing of your breakfast. From there, you are setting yourself up for a great day, and a greater Ride!