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Beginner lessons for Nutrition for Cycling

Fuel Your Ride: Essential Nutrition for Cyclists

DEFINITION

> Nutrition for cycling involves eating the right foods to enhance performance and recovery. Proper fueling helps cyclists maintain energy and improve endurance during rides.

KEY CONCEPTS

Carbohydrates

Carbs are the primary energy source for cyclists, providing fuel for long rides.

Hydration

Staying hydrated is crucial; water and electrolytes prevent fatigue and cramping.

Protein

Protein aids in muscle repair and recovery after cycling, helping to rebuild tissues.

Timing

Eating before, during, and after rides optimizes energy levels and recovery.

Snacks

Healthy snacks like fruits or energy bars can provide quick energy during rides.

EXAMPLES

→ Eat a banana 30 minutes before a ride for quick energy.

→ Drink water every 15 minutes during your cycling session.

→ Have a protein shake after cycling to aid muscle recovery.

MEMORY TIPS

★ Remember 'C-H-P' for Carbs, Hydration, Protein.

★ Use the acronym 'FUEL' - Fuel Up Every Lap.

★ Think of hydration as your bike's oil; keep it flowing!

COMMON MISTAKES

✗ Not eating enough carbs before long rides.

✗ Neglecting hydration, especially in hot weather.

✗ Skipping post-ride meals, hindering recovery.

QUICK RECAP

Nutrition is key for cycling performance, focusing on carbs, hydration, and protein. Remember to time your meals and snacks for optimal energy and recovery.