

# FUELING A BIKE RACE

 THIS NUTRITION PLAN IS BASED ON A **3H RACE**

## RACE DAY -3<sup>d</sup> & -2<sup>d</sup>

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 **6d ENERGY CAKE\***. Hydrate with drinks that provide both carbohydrates and electrolytes such as the **6d ENERGY SPORTS DRINK**.

## PRE-RACE MEAL -3<sup>H</sup>

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 **6d ENERGY SPORTS DRINK** when you have difficulties eating enough carbohydrates. Take one **6d NITRATE SHOT** immediately after this meal.

## BEFORE

ONLY IF HUNGRY



ENERGY BAR\*

ENERGY NOUGAT\*

## RACE

 **±60G CARBS/H**  
+MIN. 450MG SODIUM



Eat **BARS** during the flat, less intensive moments of the race, use **GELS** in the steeper, more intensive parts. Consider the **6d ENERGY / ISOGEL + CAFFEINE** in 2nd last and final hour of the race. **USE BARS / GELS HIGH IN SODIUM** if you are a salty sweater!

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

## AFTER



WITHIN 30'

RECOVERY SHAKE

-60'

-15' START

3<sup>H</sup> RACE



Drink 500ml **6d 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 each hour 500ml **6d ISOTONIC SPORTS DRINK** (150-200ml every 15-20 min). This drink will provide energy, electrolytes and fluids. Drink extra water to avoid > 2-3% dehydration. Always take a second bottle of water so you can drink at least 150ml water after ingesting a bar or a gel for optimal uptake.



### OPTIMIZE YOUR RECOVERY!

Consume 1 serving of **6d 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!



(\* = Apart from the suggested product, you are free to replace this product with another high carb snack such as the 6d Energy Fruit, 6d Energy Nougat or other products from the 6d bars & bites range)

(\*\* = If you prefer not to use caffeine, you can use the regular 6d Isogel.)

There are multiple ways to fuel your bike race, this is just one example. Contact [info@6dsportsnutrition.com](mailto:info@6dsportsnutrition.com) for additional questions.