

Top tips for Cycling camps and multi day rides or races!

Cool Down

After the big days ride you may not feel like it but either spin easily for the last 10 to 15 minutes or pop an extra 15 minutes onto the day or on a turbo (personally we love a turbo and combine it with our recovery nutrition ... that way we look forward to the milkshake and recovery, its like training mice with cheese.



Recovery, FEED FIRST

You burn a combination of glycogen from carbohydrate and fat for fuel. The harder you ride the more comes from glycogen and you only have enough glycogen for a few hours of hard riding. You'll be topping up as you go along (if not then make sure you do) however you will not be able to eat enough to replace as a rule so you may will have depleted glycogen stores on a fast ride.

As soon as you're done start eating carbs... at the end of your ride eat anything you've taken out with you as this is normally first to hand and if you can pre-prepare something for the finish. As you come to the end of a ride, finish any food you are carrying with you. Go for food you like and keep "grazing" until you get to a proper meal.

Many foods contain a mix of carbohydrate, protein and fat—you're after calories from carbohydrate. Protein after a ride doesn't help you recover faster, long term development it helps and you need a little protein to rebuild muscles; however, you can get that in your regular meals.... So it's more chips and chips rather than steak and chips, don't fill the stomach with food that doesn't directly help... sobsically more chips!

Recovery DRINK (beer in this case is not the solution you may hope for!)

Water is a good start. Here are some other choices: Fruit juices provide calories and potassium. Vegetable and fruit juices provide carbohydrate. Look to include electrolytes and sodium to make sure you can take onboard the water and replace lost salts. Low-fat or non-fat regular or chocolate milk both provide lots of calories (Yazoo is a good choice, others are available ☺). You can also make a smoothie but lets be honest that isn't likely to happen post 6 hours in the saddle!

Processed foods are high in salt so usually the things you crave post ride will take care of salt loss.

Sleep (the legal performance enhancer!)

Go to bed early. When you try to combine wanting to ride great with staying up enjoying a few cheeky beers with the team is not going to win. Have a no phone / tablet / tv rule one hour before bed will really help you sleep and if rides finish early then a mid afternoon snooze is not to be frowned upon!

Recovery days

If you get down days then use this time to be active, walk, swim easy spin. This allows the lymph system to move waste products from the muscles to the lymph nodes. Lymphatic fluid doesn't have a pump like the heart to circulate it; rather it depends on the action of the muscles to move the fluid from the muscles to the lymph nodes.

Massage

If you're paid to race then you would get frequent massages to help remove waste products and aid recovery. If this isn't available then practice foam rolling and a stretch routine to help.