



THE ENDURANCE WORKSHOP

TOP TEN TIPS TO FEED YOUR ENDURANCE RACER

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1. There is no prescription when it comes to fuelling your rider. Everyone has to experiment over time and distance. Just make sure you have tested your food options prior to the race – gastric distress is a nightmare to manage on the bike. Trust me.
2. Have multiple nutrition options given that tastes often change throughout the race especially +24 hours. Weather can impact calorie intake and burn and the ability to digest can vary due to stress and elevated heart rates.
3. Have a feeding strategy but be prepared to change it – some riders will perform better with small steady feeding on the bike, others prefer larger feed stops. Work with what works during each race. Have bite size portions ready along with larger feed options. Your rider will always surprise you.
4. Yes – it is ok to nag your rider to eat and drink. They will forget in the intensity of the race. They will also often hand back a half-full bottle but think they have consumed it all. Their awareness of calorie consumption is not to be trusted!
5. Remember 1 gram of fat = 9 calories and 1 gram of carbohydrate = 4 calories. In endurance it makes sense to focus on attaining more calories from fat. Short and medium chain fats are easily burned as fuel.
6. Do not underestimate the power of warm food in the dead of night. The psychological benefit of nourishment is powerful.
7. When the weather cools and changes for the worse often your rider's fluid intake will decline. That's ok from a fluid perspective as blood flow to the kidneys declines when the body cools, but make sure to replace those calories with solid food. It is easy to get caught out.

8. Invest in quality flasks of different sizes that keep water and food warm for 8 hours. Small single-feed sizes for hot food are super-handy to keep things organized when everyone is tired.
9. For longer races a small roadside stove is crucial. Heat and flask water/food before the night hours while your team can leapfrog so you and your rider can go through the night with hot water and food options.
10. Solid nutrition for the crew is critical. Junk food = junk energy and to go through the night and keep focus on your rider the crew need to be nourished too.