

HIGH 5

babble
RIDE ACROSS
BRITAIN



ADVANCED NUTRITION GUIDE

WWW.HIGHFIVE.CO.UK

The HIGH5 Advanced Nutrition Guide can help you ride faster and to finish your challenge feeling strong and with a smile on your face. We work exceptionally hard to ensure that you can perform at your best. This guide explains how to use the products that you get at the Babble Ride Across Britain. It's always a good idea to practice your event day nutrition plan in training first.

Carb's your #1 fuel

Carbohydrate is your main source of energy for cycling. It lets you ride fast and far, and makes your time on the bike enjoyable. Unfortunately, your body only has a limited store of carbohydrate, which can be depleted after 2 hours or less of riding. For long rides, like you will be doing for the Babble Ride Across Britain, aim for 60-90g of carbohydrate per hour. This can be from sports drinks, energy gels and bars. Think back to how easy it is in the first couple of hours of a tough ride, as compared to the last hour when you have depleted your carbohydrate reserves. Fuelling your body with additional carbohydrate, by consuming sports drinks and gels as you ride, will extend your endurance and provide the extra energy you need to enjoy your longer events - particularly in the latter stages.

Little, but often

Start fuelling early on your ride. If you wait until you are hungry or your energy drops, it's normally too late. Little but often is the best fuelling strategy. It will provide you with a steady flow of energy.

Don't forget hydration

Hydration shouldn't be underestimated: dehydration is often associated with a drop in performance. But we don't just lose water. Important minerals (electrolytes) like sodium and potassium are lost through sweating and should be replaced during exercise. Little but often is the best strategy for hydration but try to aim for around 500ml per hour — more when it's hot! Sport drinks like Energy Drink contain sufficient electrolytes for UK weather conditions.

What makes multi-day rides so tough?

If you empty your carbohydrate reserves in one day's riding, it's almost impossible to fully re-fuel by the next day and you will start with a part-empty tank. It's really important that you focus on fuelling your carbohydrate reserves during and after each day's riding. This is critical to consistent performance on each day of the Babble Ride Across Britain.

What do you get at this event

Each day you will receive 3 x Energy Drink and 4 x Energy Gel and 2x bottles which are distributed at the start and at the pit stops along the route. For the finish you will also get a sachet of Recovery Drink to help you be ready for the next day.

Breakfast

For your breakfast have something that is light and high in carbohydrate. Cereals, toast and porridge are good examples

During the Ride

How much you are able to drink during your ride often depends on weather conditions but we would advise drinking when you feel the need. Thirst can be a good indicator. Pour a sachet of Energy Drink into your water bottle. This will provide you with fluids, electrolytes and carbohydrate for energy. If the weather is cool and you drink less, your carbohydrate intake will be less and you should boost it with gel. You can also fuel up on carbohydrates at the official pit stops along the route of each day's ride. Here you will find sweet and savoury snacks and lots of fruit! You will also be able to pick up some HIGH5 sports nutrition; keep reading to find out what products will be available.

Caffeine

Caffeine gives you both a physical and mental boost. When taking part in tough sport events like a sportive, it helps to increase your endurance performance and capacity. This means you can go faster than before without any extra training!

The scientific research has shown an effective dose is 3mg caffeine per kg bodyweight for increased endurance performance. Below you can see how much caffeine you need to take depending on your body weight and an example of what you could take to get there.

Bodyweight	Amount	source of caffeine
40kg	120mg	425ml Energy Drink Caffeine Hit
50kg	150mg	550ml Energy Drink Caffeine Hit
60kg	180mg	650ml Energy Drink Caffeine Hit
70kg	210mg	750ml Energy Drink Caffeine Hit
80kg	240mg	500ml Energy Drink Caffeine Hit + 1x Energy Gel Aqua Caffeine Hit
90kg	270mg	750ml Energy Drink Caffeine Hit + 2x Gel Caffeine)

It's important to focus on drinking as much as possible to remain hydrated. For gel intake you can use either HIGH5 Energy Gel or Energy Gel Aqua depending on personal preference.

To keep your caffeine levels "topped up" your first gel every hour should be Energy Gel Caffeine or Energy Gel Aqua Caffeine. Both contain 30mg of caffeine. Any remaining gels each hour should then be standard gel with no caffeine.

After each ride

Drink 400ml Recovery Drink as soon as you finish. This contains a unique blend of whey protein isolate and carbohydrate. It gives you the time to have a shower and relax a bit before eating a balanced meal one to two hours later.



AVAILABLE ON COURSE



ZERO

A refreshing, great tasting sugar free electrolyte drink with zero calories.

- Light & refreshing electrolyte drink with natural fruit flavours- Sugar free with zero calories
- Suitable for vegetarians and vegans



ENERGY GEL

A convenient, fruity gel which delivers carbohydrate straight to your muscles during exercise.

- Race proven in the World's toughest competitions
- Real fruit juice for a light refreshing taste
- Available with or without caffeine
- Suitable for vegetarians & vegans



ENERGY DRINK

Advanced 2:1 fructose sports drink for training & racing

- Race proven in the World's toughest competitions
- 2:1 fructose carbohydrate with key electrolytes
- Helps maintain hydration
- Caffeine free
- Light tasting and refreshing