



# THE FUEL GUIDE

# **CARBOHYDRATE** **INTAKE RESULTS IN** **BETTER PERFORMANCE**

In endurance-based sports, a major goal of training is to enhance the athletes' physiological systems to work at higher intensities. To achieve this, competitive athletes combine large volumes of training, including workouts with intensity levels at or faster than race pace.

Using a prescribed carbohydrate fueling strategy as part of your training program will help optimize your training effort and reduce early performance reductions or fatigue. Executing these fuel strategies in training and on race day will help decrease the risk of underperformance.

Caffeine has some well-known athletic benefits; increased alertness decreased perceived exertion and therefore reduced fatigue.

It takes time to reach effective levels in the body. Taking an appropriate dose of caffeine 60 minutes before training or racing can stimulate performance. Alternatively, take smaller doses of caffeine during a race or a hard training session before the onset of fatigue. Using caffeine together with carbohydrates provide an enhanced performance effect compared to taking each in isolation.

The following slides outline fueling strategies for common training sessions and race plans. Remember that a fuel guide is highly personal and varies depending on individual diets and also on specific training programs. The following information is for reference only and can help empower your training, by creating, refining, and help you execute your fuel strategy.



# TRAINING PLANS



# FLEMISH

# CLASSICS

Flemish classics climbs are short and steep and ridden close to full gas all the time. Lots of curves and crosswinds on narrow roads.  
Intensive race with punchy climbs.

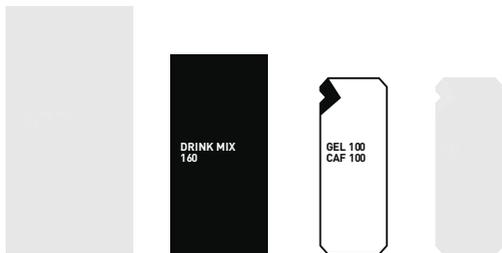
DURATION: 80 min

WARM UP: 20 min 5 mins progression to threshold / FTP.

MAIN SET: 6 x 2 min First 30 sec attack @ 150% of FTP, then 1:30min @ 120% of FTP, Rest 5 min.

COOL DOWN: 20 min

## RECOMMENDED PRODUCTS

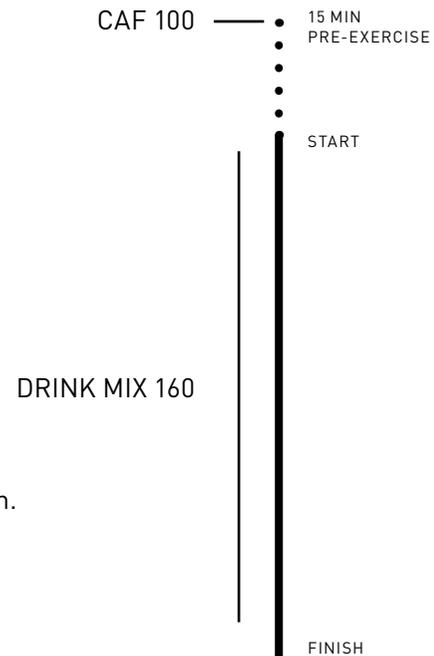


DRINK MIX 320

DRINK MIX 160

CAF 100

GEL 100



REPLACE CAF 100 WITH GEL 100 FOR  
A CAFFEINE FREE INTAKE PLAN.



# ARDENNES

# CLASSICS

Here we prepare for longer climbs; maintaining  $V_{O_2}$ -max. for longer periods.

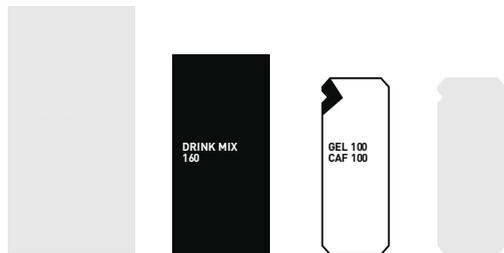
DURATION: 90 min

WARM UP: 20 min 5 mins progression to threshold / FTP.

MAIN SET: 5 x 5 min First 1:30 min @ 120% of FTP, then 3:30 min @ 105% of FTP, Rest 5 min.

COOL DOWN: 20 min

## RECOMMENDED PRODUCTS

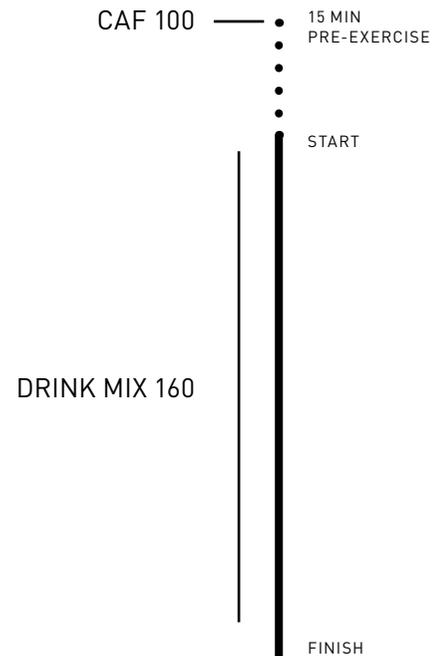


DRINK MIX 320

DRINK MIX 160

CAF 100

GEL 100



REPLACE CAF 100 WITH GEL 100 FOR A CAFFEINE FREE INTAKE PLAN.



# SPRINT

# SPECIFIC

Sprinters on the road use a cadence around 110 rpm when they start their sprint and exccelerate to 120 rpm. At other points during the session keep a cadence of 85-100 rpm.

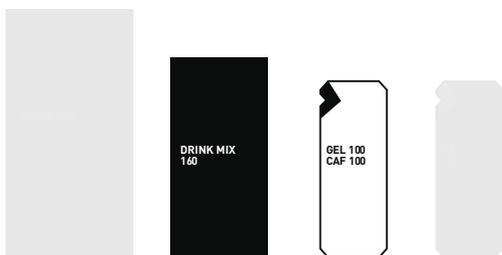
DURATION: 100 min

WARM UP: 20 min 5 mins progression to threshold. FTP incl. a few 5 sec sprints.

MAIN SET: 2 x (4 x 10 sec) 5 min between sprints, 20 min between sets.

COOL DOWN: 20 min

## RECOMMENDED PRODUCTS



DRINK MIX 320

DRINK MIX 160

CAF 100

GEL 100



REPLACE CAF 100 WITH GEL 100 FOR  
A CAFFEINE FREE INTAKE PLAN.



# LONG CLIMB

This will prepare you for the long hill-top climbs. Climb fast with altering pace and build up to attacks. It is also an ideal opportunity to train your fueling strategy for a race.

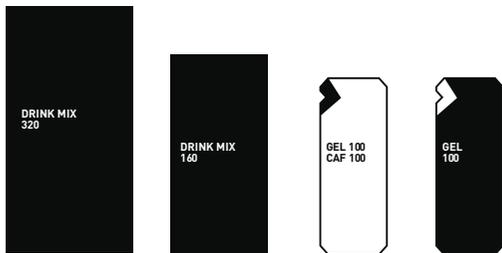
**DURATION:** 180 min

**WARM UP:** 60 min      10 mins progression to threshold

**MAIN SET:** 3 x 15 min      (1 min @ 110% of FTP + 4 min @ 95% of FTP) x 3 = 1 set.  
Rest 10 min between sets.

**COOL DOWN:** 60 min

## RECOMMENDED PRODUCTS



DRINK MIX 320

DRINK MIX 160

CAF 100

GEL 100



REPLACE CAF 100 WITH GEL 100 FOR  
A CAFFEINE FREE INTAKE PLAN.