



Cycling Training

With PacificHealth Labs Nutrition

There are three major factors that affect how well you perform in a ride: your bike, your fitness, and the nutrition you take in. The first two factors get all the attention from most cyclists. But the right nutrition will make a big difference in how you perform on the bike.

So what is the right nutrition? Carbohydrate is the body's most limited muscle fuel. Taking in carbs before and after rides supplies the muscles with extra fuel and boosts performance. But protein is also important. The longer you run, the more your muscles break down their own proteins for fuel. This results in muscle damage and soreness. Taking in protein in the right amount with your carbs spares your muscle proteins, increases endurance, and reduces muscle damage.

Why PacificHealth Labs?

PacificHealth Labs nutrition products are formulated to provide the right energy before, during, and after workouts:



Accelerade/Hydro

Accel Gel

Endurox R4

<p>The only sports drink with carbs and protein in a 4:1 ratio. It is proven to rehydrate better than conventional sports drinks. Hydro is a lower calorie version that has 50% fewer calories than Accelerade.</p>	<p>The only sports energy gel that contains carbohydrate and protein in a patented 4:1 ratio. It has been shown to boost endurance and reduce muscle damage during exercise compared to conventional gels.</p>	<p>The only post-workout recovery drink with carbs and protein in a 4:1 ratio. Use it after each run to rehydrate and replenish and rebuild your muscles.</p>
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Here are some guidelines for using these products in triathlon training:

- ✓ Drink 12 ounces of **Accelerade/Accelerade Hydro** 30 minutes prior to your rides for hydration.
- ✓ During all rides drink **Accelerade/Accelerade Hydro** or water according to your thirst.
- ✓ Take one **Accel Gel** every 30 to 40 minutes. (Optional) Take one **Accel Gel** immediately before each ride. This will "top off" your body's energy stores and help you start your workout strong. It's especially important to do this if you ride early in the morning before eating.
- ✓ Drink 8 to 24 ounces of **Endurox R4** within an hour after completing each ride. The longer the ride, the more **Endurox R4** you should drink.

Sample Training Week: Low-mileage

	Workout	Nutrition	
M	Rest	--	--
T	Ride 45 min	Before: 1 Accel Gel During: 12 oz Accelerade/Hydro according to thirst After: 12 oz Endurox R4	
W	Ride 30 min	Before: 1 Accel Gel During: 12 oz Accelerade/Hydro according to thirst After: 12 oz Endurox R4	
T	Rest	--	--
F	Ride 45 min	Before: 1 Accel Gel During: 12 oz Accelerade/Hydro according to thirst After: 12 oz Endurox R4	
S	Ride 30 min	Before: 1 Accel Gel During: 12 oz Accelerade/Hydro according to thirst After: 12 oz Endurox R4	
S	Ride 1 hour	Before: 1 Accel Gel During: 12 oz Accelerade/Hydro according to thirst OR 1 Accel Gel at 30 min w/water After: 12 oz Endurox R4	

Sample Training Week: High-mileage

	Workout	Nutrition	
M	Rest	--	--
T	Ride 1 hour w/ 5 x 3:00 climbs	Before: 1 Accel Gel During: 12 oz Accelerade/Hydro after each hill climb After: 12 oz Endurox R4	
W	Ride 1 hour	Before: 1 Accel Gel During: 12 oz Accelerade/Hydro according to thirst After: 12 oz Endurox R4	
T	Rest	--	--
F	Ride 1 hour w/ 20 minutes tempo	Before: 1 Accel Gel During: 12 oz Accelerade/Hydro after each hill climb After: 12 oz Endurox R4	
S	Ride 3 hours	Before: 1 Accel Gel During: 12 oz Accelerade/Hydro according to thirst OR 1 Accel Gel every 30-40 min (4-6 total) w/water After: 24 oz Endurox R4	
S	Bike 1 hour	Before: 1 Accel Gel During: 12 oz Accelerade/Hydro according to thirst OR 1 Accel Gel at 30 min w/water After: 12 oz Endurox R4	