



NUTRITION & HYDRATION GUIDE

REACH
NEW
HEIGHTS





Introduction

To perform at your best during your Haute Route event you're going to have to get your nutrition and hydration strategy right.

That's why we've partnered with Xendurance and Precision Hydration to provide you with expert advice and the best products to help make that easier when you're training for and riding in your Haute Route event.

For quick reference, please refer to the legend below:



NUTRITION



HYDRATION

Staying Fuelled

We all store a certain amount of carbohydrate (energy) in our bodies, this will become quickly depleted, so you will need to take on extra carbs during rides to boost your energy supply.

YOU CAN CONSUME



ENERGY BARS



ENERGY GELS



ENERGY DRINK



FUEL TIPS

- 1** Your body can consume about 60g – 90g per hour, anymore and it will not be absorbed and you are then facing gastrointestinal problems, such as sickness and diarrhea. Not fun anywhere, but even less fun half way up a mountain!
- 2** You **MUST** train and practice your nutrition plan and know what works for you, we are all different and react in varying ways to energy bars, gels and drinks. Work out in advance what is your best fuelling strategy – then stick to it. **DO NOT ADJUST** your plan on the day.
- 3** Carbohydrate loading in the days prior to your event can increase your store of carbohydrate by more than 30%, so get ready to eat and eat and eat in the week leading up to ride.
- 4** Your event day breakfast could be your most important meal! Toast, porridge and even rice pudding are good options for carbohydrate. A poached egg or omelette is the ideal source of protein and gentle on your stomach.

PRO TIP – If you are cycling at high altitudes, you'll burn even more energy – be prepared to fuel more often.

Recommended products

BEFORE AND DURING THE EVENT - AVOIDING LACTIC ACID FATIGUE

The harder you ride, the more lactic acid builds up in your muscles. This increased acidity reduces your muscles' power and reduces physical and mental endurance. This is known as lactic acid buildup or lactic acid fatigue.



XENDURANCE LACTIC ACID BUFFER

What to do: During training, take 3 tablets with breakfast and 3 with your evening meal every day to build up a dosage in your body. Increase your dosage to 4 tablets, twice a day to get you through your event with less pain and a quicker recovery after your event.

DURING THE RIDE - AVOIDING ENERGY LOSS



XENDURANCE ENERGY GELS

AVAILABLE AT FEED STATIONS 

What to do: Aim to consume one 70g gel every thirty minutes of hard riding – don't wait until you feel tired, take one on a regular basis, otherwise your body will run out of fuel. Each 70g gel delivers 27g of carbohydrate. Designed to promote fast energy in an easy to open and swallow sachet. Available in Berry or Citrus.

RECOVERY AFTER THE RIDE - PROTEIN

You've ridden hard, now your body must recover quickly, for tomorrow's training session or your next day in the mountains. Protein helps you maintain muscle mass during a calorie deficit, maximises your response to training and provides energy.



XENDURANCE PROTEIN

What to do: A blend of 4 types of protein, for both immediate and slow release to improve your overall recovery. Take after every ride, ideally within 30 minutes of finishing.

BEFORE AND AFTER THE EVENT - IMMUNE BOOST



Numerous studies have shown that after strenuous rides or training sessions your body is under oxidative stress and attack. This free radical damage that is created during healthy exercise stresses your immune system. Endurance athletes and cyclists who place unusual demands on their bodies should take extra care about maintaining their antioxidant levels.

XENDURANCE IMMUNE BOOST

What to do: Taken like any other daily multivitamin, just 3 soft capsules, twice a day.

Xendurance®

www.xendurance.eu

Want to test the products? Use code **HR25%** and benefit from a **25% discount**



Starting & Staying Hydrated

YOUR SWEAT LOSSES CAN IMPACT YOUR PERFORMANCE

- 1** Your blood volume is gradually reduced as the sweat is drawn from your blood plasma. This increases the strain on your cardiovascular system, making it harder to pump blood to your skin (to cool you down) and to your working muscles. **This obviously has a negative impact on your performance.**
- 2** Other issues like a general feeling of fatigue, a loss of concentration and even muscle cramps can also be experienced if your losses are allowed to go uncorrected for long enough.
- 3** Up to a certain point, taking in plain water is enough to mitigate sweat losses. But, as those losses start to mount up, you need to replace the sodium you're losing too to avoid your blood becoming too dilute (a condition called hyponatremia). Your sweat is mostly made up of sodium and water. It does include some potassium, magnesium and calcium too, but in relatively small amounts.

HYDRATION TIPS

Starting Hydrated



Starting fully hydrated gives you a much bigger reserve of fluids and electrolytes to draw upon once you start sweating.



Drinking a strong electrolyte drink **before** longer, hotter and sweatier rides (including those intense, sweaty turbo sessions) can significantly improve your performance.

Staying Hydrated



Drink an electrolyte drink or water to thirst during the ride to replace what you're losing in your sweat. As a guide, most riders will find they want to drink between 500ml and 1l per hour.



Feeling thirsty? Have a dry mouth? You may not be drinking enough.



Bloated? Fluid sloshing around in your stomach? Need to pee often during the ride? You might be drinking too much. Don't force fluids down if you don't feel you want them.



Recommended products

BEFORE THE RIDE - STARTING HYDRATED

Drink a strong electrolyte drink before each stage to boost your blood plasma volume.



PRECISION HYDRATION 1500

INCLUDED IN YOUR RIDER'S PACK 

What to do: Your Rider's Pack will include a free tube of PH 1500. Mix one tablet of PH 1500 with 500ml of water and drink it the night before each stage. This will help you absorb and retain more fluid, which boosts your blood plasma volume and reduces cardiovascular strain. Drink another 500ml bottle of PH 1500 about 90 minutes before you start each stage or long training ride. 'Preloading' before your ride may also help you avoid cramping up.

DURING THE RIDE - STAYING HYDRATED

Drink an electrolyte drink or water to thirst during the ride to replace what you're losing in your sweat. As a guide, most riders will find they want to drink between 500ml and 1l per hour.



PRECISION HYDRATION 500

AVAILABLE AT FEED STATIONS 

What to do: You can fill your bottles up with PH 500 or water at the feed stations. PH 500 is a low-calorie, hypotonic electrolyte drink designed for optimal fluid absorption.

Want some personalised advice for your ride?

Take this free online Sweat Test.

[Online Sweat Test here](#)

PRECISION[®] HYDRATION

Want to test the on course hydration? Save more than 30% on the Haute Route Hydration Starter Pack!

[Click here](#)

The Performance Timeline

FUEL

HYDRATION

Xendurance
Lactic Acid Buffer

Xendurance
Immune Boost

Xendurance
Energy Gels

Xendurance
Immune Boost

Xendurance
Lactic Acid Buffer

Xendurance
Protein

Xendurance
Immune Boost

Xendurance
Lactic Acid Buffer

BEFORE, PREPARATION

START

DURING RACE

FEED STATION X

FINISH LINE

AFTER, RECOVERY

Precision Hydration
1500

Precision Hydration
500

Precision Hydration
1500



PRECISION[®]
HYDRATION

