

# Training for your *big* weekend



## Eating, Nutrition and Training by Chris DeMarchi, Tour de Pink West Coast Ride Marshal

I want to pass along some very helpful tips that I use to help with training and nutrition for Tour de Pink. Eating properly helps me become the most efficient rider I can be. It will also take care of issues it's possible encounter while on the bike such as cramping, fatigue, digestion, dry mouth, and many other small details.

### Drink enough fluids

- 16 to 20 ounces within one hour of waking up
- 20 ounces of fluid with every meal and every snack
- NO MORE SODA – not even diet.

### Eat carbohydrates for energy

- Pick foods such as whole grain breads, bagels, yams, sweet potatoes, pasta, corn, pretzels, vegetables, fruit
- Stay away from pastries, chips, french fries, cookies, ice cream

### Eat protein for muscle growth and a healthy immune system

- Pick foods such as eggs, chicken, turkey, tofu, nuts, yogurt, low fat milk, fish, almond or peanut butter
- Stay away from bacon, hot dogs, fried meats, full fat cheeses

### Eat fat as an essential fuel for exercise

- Pick foods such as nuts, seeds, guacamole, olives
- Stay away from creamy sauces, butter, cream cheese, sour cream and creamy dressings.

### Add salt if necessary

- Choose sports drinks instead of water. Eat a pickle with a sandwich, have pretzels as an afternoon snack.

### Fueling on the bike

- Eat at least once an hour while riding the event. A bar, a gel or a small sandwich. This will provide sustained energy throughout the ride and not only make it more enjoyable but will help you recover better for the next day.
- Drink at least one bottle of liquid per hour. (more if it is hot) Use a sports drink. If you have a sensitive stomach with sodium or fructose sugar then cut the drink mix with water 50/50.

These is just a rule of thumb that I follow. I believe that if you take care of your body, it will take care of you.



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