

BASIC NUTRITION GUIDELINES: ENDURANCE EVENTS

Principles to use for optimum performance as well as optimum training!

A Balanced diet for an athlete consists of:

- 60 - 70% Carbohydrates
- 10 – 15 % Protein
- 15 – 25 % Fat

PRE-EVENT

- Optimum hydration starts 24 to 48 hours pre-event. Aim to ingest at least 2 litres of fluid (containing some carbohydrates) per day on the 2 days preceding the event.
- Start “carbo loading” 2 to 3 days before event with slightly higher carbohydrate diet than normal. Avoid alcohol during this period.
- Start salt loading 24hrs before event, eating slightly more salt on foods.

DURING EVENT/TRAINING

1. Hydration: Aim to ingest at least 250ml fluid per 30 min (more if very hot/sweat a lot)
2. Calories: Take in mainly carbohydrates.
Try to substitute some energy bars/gels with “real food” (See table below).
Aim to ingest 1g carbohydrate per 1kg of bodyweight per hour (up to a maximum of 80 g per hour). For example if you weigh 60 kg: drink 500ml energy drink + 1 banana per hour.
3. Salt: Check that your energy drink contains sodium and potassium or eat salty foods (Marmite sandwich, biltong etc.).

POST-EVENT

- Replace lost fluids and salts
- Aim to ingest at least 50 g of carbohydrates within 30min after exercise and again every hour for the next 3 hrs. Some fat and protein with it wouldn't do harm.

Training foods: Examples contain ~ 20g carbohydrate and ~ 250 – 350 kJ

Pre-Exercise	During Exercise	After Exercise
(Mainly low GI)	(Mainly mix GI)	(Mainly high GI)
Heavy grain bread (1 slice)	Banana (1)	Energade/Game (250ml)
White pasta (½ cup)	Potatoes (2 small)	Coca cola
Basmati Rice (⅓ cup)	Pretzels (20 g)	Sandwiches
Fruit salad (½ cup)	White bread (1 slice)	Rice krispies (½ cup)
Fruit yoghurt (180ml)	Raisins (40 g)	Kellogs Cornflakes (½ cup)
Apple (1)	Banana bread (1 slice)	Scones/muffins (1 medium)
Muesli (raw oats) (⅓ cup)	Scones/muffins (1 medium)	Milk & Nesquick (250ml)
Pronutro (¼ cup)	Jellybabies (40 g)	Potatoes (2 small)
All Bran (½ cup)	Marshmallows (2)	Watermelon (1 slice)
	Rooibostee with honey (250ml)	
	Diluted apple juice (250ml)	
	Energade/Game (250ml)	
	Energy bar (1)	
	Cup of soup (1)	

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