



Dartmoor Classic – Nutrition Training Plan

When people take on a challenge like this, the first thing that happens is that they have to squeeze more things into the day often resulting in setting the alarm clock earlier and further increasing what is probably a significant sleep debt. **SiS REGO Night** (previously known as Nocte) can help reduce sleep debt by improving the quality of sleep so you wake up more refreshed and with less muscle soreness. It is also advised to consider switching your mid afternoon snack to a **SiS REGO Protein bar** (previously known as Build Bar) which should help boost your protein, knock the edge of appetite and further contribute to improved body composition.

1 hour rides:

For the 1 hour rides you are recommended to drink **SiS GO Hydro** (previously known as Superhydro) as well as taking a **SiS GO Isotonic Energy gel** (previously known as Go gel) or **SiS GO + L-Carnitine gel** (previously known as Burner gel) if you need an energy boost. The main aim of this is to practice eating/ drinking on the move which is an important skill especially as the distances increase.

2+ hour rides:

Switch from SiS **SiS GO Hydro** to **SiS GO Electrolyte** and aim to drink 500-800ml per hour. Again, aim to take 2 **SiS GO Isotonic Energy gels** or a **SiS GO + L-Carnitine gel** if you need an energy boost. After each ride it is vital to rest and refuel. **SiS REGO Rapid Recovery** (previously known as REGO) is the best drink to take after a training session and is best used 20 minutes after you have finished your ride.

3+ hour rides:

Take the same products as 2+ hour rides but include a **SiS GO Energy bar** to eat at a café stop so you can avoid eating more calories than you have burnt (try to keep focused and don't get too distracted by the cake counter!) Also take a **SiS GO + Caffeine gel** for the last hour of the longer rides.

4 hour rides:

4+ hours take more **SiS GO Isotonic Energy gels** (approximately 4 and try and take 1 per hour). If it is really hot take **SiS GO Hydro** to top up your bottles at pit stops.

Practice drinking and eating on the move (learn to do this on quiet roads) and make sure that you can do this almost subconsciously so that you can concentrate on the road and other sportive riders during the events. Learn when your energy needs boosting and when to take an energy gel before a big climb for instance.

Tune into the SiS [Facebook](#) and [Twitter](#) for ongoing helpful advice and tips.

SiS are dedicated to developing the best sports nutrition products to help endurance athletes perform at their best. Their range includes award winning gels, powders, bars and supplements used by elite athletes around the world. To help you improve your performance SiS are offering you 25% discount on all their products.

Discount code: DTM6632 Valid until: 31/7/2012

To make use of this code or to find out more information on all the products SiS have to offer, please visit www.scienceinsport.com