



Purple Patch

Thanks for requesting *our Nutrition and Hydration Cheat Sheet*. We've made this as a quick reference guide in order to simplify what certainly can be a confusing and divisive topic. Remember, you're not just fueling for training and racing. You're fueling for performance in everyday life as well.

You can train as hard as you wish, but if you ignore a few fundamental nutrition and fuelling habits then you will inevitably reduce adaptations, heighten stress and risk of injury, and also experience fluctuating daily energy. We can divide your nutrition pillar into four main areas:

- Fueling: Calories you consume in training sessions and within the 30 or so minutes following a session
- Nutrition: Your breakfast, lunch, dinner, and snacks. Simply put, your daily eating
- Training Hydration: Fluids consumed in training
- Life Hydration: Fluids consumed outside of training

All four areas have important roles in your performance, adaptations, health, energy management, and injury or illness risk reduction. Here is the headline news:

Nutrition Highlights from Episodes 11 and 12 of the Purple Patch Podcast

Fueling for Training and Racing:

- Sessions less than 60 minutes: no need to consume calories
- High Intensity Training over 60 minutes: predominant fuel is glucose dominant sugar sources (chews, blocks, etc.)
- Lower Intensity (endurance) Training over 60 minutes: fuel with 'real food'
- Always consume calories within 30 minutes following a workout. Real food preferred (#1 Habit).
- Protein and Carbohydrate to stop muscle catabolism and replenish glycogen stores in muscle and liver
- Typically lower fat make up in post workout fueling to allow for fasted stomach emptying of carbs and proteins
- General Rules for Fueling: Bike: 3-3.5 cal per kg of body weight per hour, Run: 2-2.5 cal per kg of body weight

Nutrition - You Must Nail your Fueling Habits to Maintain Easy Control of Portions and Energy:

- Eat frequently with nutrient dense foods (avoid packaged food)
- Ratio of typically daily meals is 40% Carbohydrate, 30% Protein, 30% Fat
- Approximate portions: Protein .8-1.2 grams per lb of body weight, Carbs 1-3 grams per pound, of body weight, Fat .5 gram per pound of body weight
- Taper meal size throughout the day
- Never skip breakfast!
- Reduce the ratio of carbohydrates throughout the day
- Any starchy carbohydrates should be focused in the morning
- Evening meals focused around protein, good fats/oils and plenty of vegetables
- Avoid fad diets and instead focus on healthy lifestyle habits that are sustainable!

Hydration Highlights from Episodes 14 and 16 of the Purple Patch Podcast

Training Hydration:

- Sessions less than 60 minutes: drink to thirst with water. No need for sugary sports beverages
 - Women in high hormone phase or post menopausal will have dampened thirst sensation so utilizing a timer to cue when to hydrate can be beneficial
- Sessions over 60 minutes: consume one bottle per hour on average (will vary based on humidity, heat and other factors) or approximately 10-12 ml/kg body weight per hour (.1 to .18 oz/lb)
 - Shoot for the higher end range when temperature is above 75 degrees
 - Aim for 3-4% concentration of carbohydrates in solution, which is approximately 7-9g/carbs per 8oz of fluids (use glucose/sucrose sugar sources for hydration)
 - Transitioning throughout the race as you get to the run tapering down hydration to the lower end range with the option to alternate water and coke while on the last ½- ¼ of the run
- When you consume calories, it is best to consume fluids with little hits, more consistently. Taking in large amounts of calories or fluid at one time may cause GI distress
 - Sipping every 10-15 minutes
- The longer the session, the more important the hydration becomes
- Electrolyte intake range: Sodium - 180 to 225 mg, Potassium 60-75 mg per 8 oz of fluid.

Life Hydration - Fluids Consumed Outside of Training:

- There is no place for sugar-laden drinks in daily life. Instead, the best hydration is water
- Sparkling water is ok
- Shoot for half of your body weight in fluid ounces
- Drink two glasses of water with every meal and sip on water throughout the day
- If training heavily, add pinch of salt, a splash of maple syrup and a little bit of citrus in your water. The sugars from the maple syrup will help pull sodium into the cells as well as provide some natural minerals
- Coffee is ok and caffeine is not a bad thing - unless it's in the evening. Try not to consume caffeinated beverages after 1-2pm
- Alcohol is a diuretic and will dehydrate you. It also impacts sleep and recovery. Be aware.