

Alimentación Durante la Competencia o Entrenamiento

Indicaciones:

- Cubrir 400mg de Sodio por hora después de 3 horas de carrera, entrenamientos o en ambientes húmedos.
- Consumir entre 30 y 60gr de CHO por hora. Podría consumir 30gr para entrenamientos de baja intensidad y 60gr para carrera.
- Ingerir entre 500 y 600mL líquido. Recuerde verificar su tasa de sudoración.

Opcion 1 - Consumo por hora

Alimentos Carbohidrato Sodio Líquido

- 1 gel Gu: 22 g carbs
- 2 scoops de Tailwind + 1 Nuun: 50 g carbs, 1010 mg sodio, 600-700 ml liquido
- 1 pastilla de sal: 250 mg sodio

Total: 72gr carbs, 1260 mg sodio + 600-700 ml liquido

Nutrition During a Competition, Training, Long Distance or Endurance Ride

Guidelines:

- Provide 400 mg of Sodium per hour after 3 hours of racing, training, or in humid environments.
- Consume between 30 and 60g of CHO (Carbohydrates) per hour. You might consume 30g for low-intensity training and 60g for racing. Ingest between 500 and 600mL of fluid.
- Remember to check your sweat rate.

Table with gels and powder fuels:

| Food | Carbohydrate | Sodium | Liquid |
|-------------------------------|--------------|--------|-----------|
| 1 Gu gel | 22g | | |
| 2 scoops of Tailwind + 1 Nuun | 50g | 1010mg | 600-700ml |
| 1 salt tablet | | 250mg | |
| Total | 72g | 1260mg | 600ml |

"Just Regular Food" Replacements

I want to replace gels and powders with regular things that I can get (maybe even try to cook) in a non-biker kitchen or buy in a mini market.

These include peanut butter sandwiches, nutella sandwiches, baked mini potatoes, and similar stuff.

Here is a list of what each one of my replacements provides:

- 1. Peanut butter sandwich: According to the [FDA FoodData Central](#), each sandwich contains 39.84 grams of carbs and 460 mg of sodium.
- 2. Baked mini potatoes: According to the [USDA](#), every 100 grams of baked potato contains 21 grams of carbohydrates.
- 3. Nuun: Contains 4 grams of carbohydrates and 300 mg of sodium.

| Food | Carbohydrate | Sodium | Liquid |
|-----------------------------|--------------|--------|-----------|
| 1 peanut butter sandwich | 39.84 g | 460 mg | |
| 1 Nuun | 4 g | 300 mg | 600-700ml |
| Baked mini potatoes (134 g) | 28 g | | |
| 1 salt tablet | | 250mg | |
| Total | ~72g | 1010mg | 600ml |

Note: Current calculation for sodium is 1010, however the recommendation was 1260 mg. I may consume more than one bottle per hour and the baked potato will have some salt, so the sodium should be covered.