

# GRANITE CHALLENGE

#TakingActionOnMentalHealth

Sunday  
7th October 2018



Register online at:

[granitechallenge18.eventbrite.co.uk](https://granitechallenge18.eventbrite.co.uk)

or call 028 9182 8494

## Nutrition Advice

Before you begin your 55 mile sportive fuelling your body with the right nutrition is key to help you get around the route with your energy stores.

The night before any long cycle you need to have full glycogen (carbohydrate) stores. For dinner have :- potatoes, rice or pasta. Avoid having any red meat instead have lighter proteins such as chicken or fish.

**\*Tip:-** The lighter the meal the lighter you feel on your bike. Meat such as steak leaves you feeling heavy.

**Breakfast :-** Aim to have breakfast 90-120 minutes before starting your cycle. For breakfast keep it low in fat as it will slow your performance down. Your carb stores are key. When they are used up your performance starts to drop. For breakfast have something like porridge with fruit this will have a slow release of energy or eggs with avocado and toast.

**\*Tip:-** eat what feels good for you don't try something new come race day as it could leave you feeling sick now is the time to test what works for you.

**Fuel on your bike:-** There is a limit to what you can eat which is 60g of carbs per hour so don't overeat. It is personal preference to how you choose to fuel, you can take :- three gels per hour or if you prefer real food healthy wholemeal bread or energy bars.

**\*Tip:-** Do not overeat while riding your bike or this will weigh you down and effect performance.

**Hydration :-** The key point is not to drink when thirsty. Drink little and often from start to finish. For long rides on your bike water isn't enough you will want to add electrolytes (Electrolytes are salts that include potassium, calcium, sodium and magnesium) they are lost when we sweat. Plain water will not deliver energy and can cause you feeling bloated and will reduce your desire to drink. Most sport drinks have electrolytes. Aim to drink 125ml every 15 minutes of sports drink or Electrolyte tablet to mix in with water that are designed to the fluid and salts lost during cycling or any type of exercise.

**\*Tip:-** start your cycle well hydrated and adapt drinking pattern every 15 minutes 125ml this will help maintain fluid balance.

**Recovery:-** Post-exercise period recovers muscles and replenishes carbohydrate stores. Products such as protein powder, protein bars or food products containing protein will help with your recovery.

**\*Tip:-** stretch after cycle, sport massage or foam roll to aid recovery.

My name is Lynne Troughton i work for Armagh, Banbridge and Craigavon Borough Council at Dromore Community Centre as a personal Trainer and fitness class instructor.

I am Trainee counsellor currently in my second year of my Foundation Degree In Counselling Studies course through the Ulster University, at Banbridge Southern Regional College.

My aim is to become a counsellor and through Personal Trainer to encourage people to participate in physical activity as it beneficial for mental health and wellbeing.

"It is exercise alone that supports the spirits, and keeps the mind in vigour." Marcus Tullius Cicero

Good luck to everyone that is taken part in the sportive. I am also taken part for AMH I hope to see you all there on the big day.

