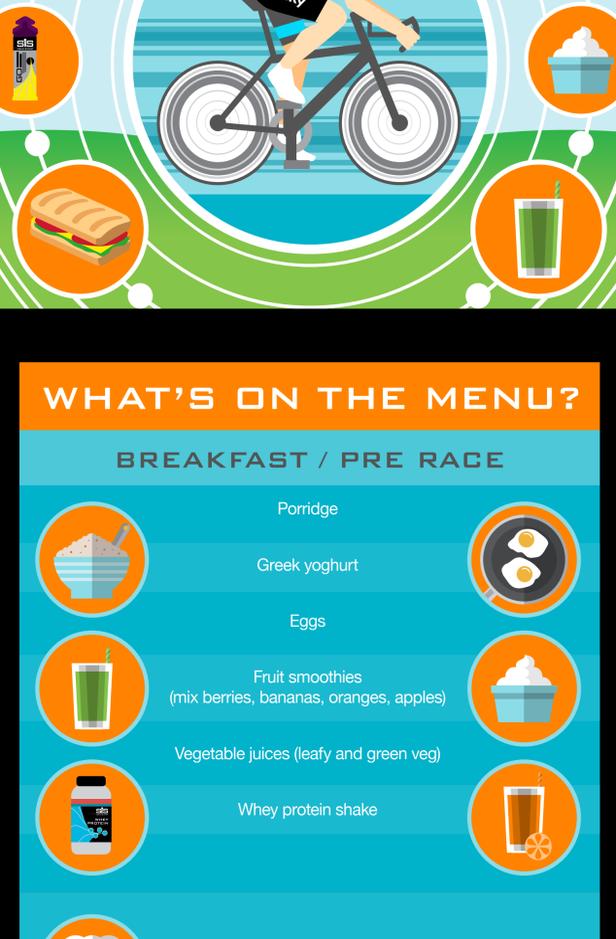


FUELLING TEAM | sky

WHAT IT TAKES TO FUEL A GRAND TOUR



WHAT'S ON THE MENU?

BREAKFAST / PRE RACE

- Porridge
- Greek yoghurt
- Eggs
- Fruit smoothies (mix berries, bananas, oranges, apples)
- Vegetable juices (leafy and green veg)
- Whey protein shake

The team have their own chef and nutritional experts, who prepare all meals for the riders to ensure that they are fueled for each different type of stage.

FLAT STAGE

HOW THEY FUEL FOR THIS STAGE

Riders consume a minimum 60g of carbohydrate per hour on the bike. This is a combination of solid food, SIS GO Isotonic Energy Gels and SIS GO Electrolyte.

START



INTERESTING RIDER FACT

CHRIS FROOME

Chris Froome started cycling as a child and got his first bike from his brother – it was steel with shifters on the down-tube! He's come quite a way since then; Froomey is the first British Rider to win the Tour de France twice!

WHAT'S ON THE MENU?

HYDRATION

Fluid intake can be as high as one litre per hour in hot conditions at altitude. Riders usually aim to take in at least 500ml of fluid per hour. This fluid will contain carbohydrate and salts like that in SIS GO Electrolyte.

HILLY STAGE

HOW THEY FUEL FOR THIS STAGE

High GI foods such as rice cakes, sandwiches and paninis are consumed as these foods are broken down quickly and used for energy. It's also important to provide the riders with a range of textures and flavours to avoid boredom.



INTERESTING RIDER FACT

GERAINT THOMAS

Also known as G, Thomas has become one of the best Classics riders in the world for his prolific performances in both time trials and climbs. The welshman says his "cheat meal" would be a pizza, followed by some gelato!

REST DAY SCHEDULE

- Slightly later sleep, the riders will wake up around 9:30/10am
- Breakfast of porridge and smoothies, the riders need plenty of fruits and vegetables
- Light ride between 1-2 hours
- Followed by lunch, consisting of lean protein such as chicken and salmon, which contains good fats. This is combined with carbohydrates and again plenty of vegetables on the side
- The riders will have a sports massage, to help muscle recovery
- An afternoon nap
- Tactical team brief for the next stage and onwards
- Dinner consisting of carbohydrates and vegetables. Due to the volume and intensity of exercise riders need a good intake of vitamins and minerals, as they are susceptible to picking up coughs and colds, it's important to support their immune function as much as possible
- An early night around 9pm

MOUNTAINOUS STAGE / SUMMIT FINISHES

HOW THEY FUEL FOR THIS STAGE

With this high-intensity stage, the riders switch to using gels and energy drink as solid food is more difficult to digest.



INTERESTING RIDER FACT

IAN STANNARD

Ian Stannard took to cycling after seeing Johan Museeuw suffering during a cobbled classic on TV when he was a kid, so there's no surprise his favourite two races are Paris-Roubaix and Tour of Flanders!

WHAT'S ON THE MENU?

MID-RACE FOOD

- Rice cakes
- Sandwiches
- Paninis
- SIS GO Isotonic Energy Gels and SIS GO Energy Bars

TIME TRIAL

HOW THEY FUEL FOR THIS STAGE

For a Time-Trial, the riders generally won't consume anything during the race due to the short length. Emphasis is on pre and post race nutrition. Riders may take a caffeine gel beforehand to boost alertness and concentration.



INTERESTING RIDER FACT

MIKEL LANDA

This Spaniard has earned his reputation for his climbing ability and his favourite place to climb the hills is his home of the Basque Country. Whilst a fan of hills, he is not a fan of high socks and says they are a crime to cycling fashion!

WHAT'S ON THE MENU?

RACE EXTRAS

- SIS GO Isotonic Energy Gels and SIS GO Energy Bars

The first bottle on the bike is actually protein! Advanced Isolate will be consumed here as it may be a long time between the riders having a protein feed at breakfast and then on the bus afterwards.

POST-RACE RECOVERY

HOW THEY FUEL FOR THIS STAGE

After a tough, mountain stage, riders will consume an SIS REGO Rapid Recovery shake containing specific amounts of carbohydrate, protein and electrolytes within the 'training window'.



WHAT'S ON THE MENU?

POST-RACE RECOVERY

- Protein**
 - Chicken & Salmon
- Carbohydrates**
 - Potatoes, Rice, Pasta
- Sports Nutrition**
 - SIS REGO Rapid Recovery shake
 - SIS GO Hydro
- Fruit Smoothies**

TOTAL RACE BREAKDOWN

Fluid intake can be as high as **10 litres** per day. The riders can lose **over a litre of fluid per hour** through sweat!

Recommended Kcal intake for the riders is **4000-9000 Kcal**.

To prevent muscle breakdown, SIS Overnight Protein is used to provide **slow release protein** while the riders sleep **8 hours+**.