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With Noosa just around the corner, I thought I might do a quick recap on carb loading. Thanks again for listening, to all who attended the gold coast training camp. Firstly, carb loading only works if you regularly have over 50% carbs in your daily diet, as your body is used to converting the carbs to glucose to store as glycogen in the liver. Loading up on carbs before race day when your body isn't used it, will only encourage fluid build up in the muscle cells & increased insulin in the blood, causing fatigue. In this case, just ensure you get some wholegrain carbs into you for breakfast on race day.

On demand, the liver readily breaks down stored glycogen into glucose and sends it through the blood stream as fuel for the muscles. Current research has proven that glycogen loading can be achieved effectively in just 4 days leading up to race day. Rule of thumb is to increase carbs as you decrease exercise, so glycogen can be stored & not used up in training. So 50% carbs 4 days out, then progressively increase to 70% carbs on your complete rest day before the race.

Best carbs are wholegrain breads & pastas, brown rice, vitawheats etc plus PLENTY OF VEGIES. Try to avoid white carbs & sweet foods. Sugar is inflammatory & will only induce high insulin which again, will quickly fatigue you. 2 carbs gels are plenty for a 2.5 hour race, 3 maximum. Get your first one in at the start of your ride - this will help you get up the hill! And one going into the run. Save your caffeine until after the race, it will otherwise, only place undue stress on your heart. Keep your diet consistent between now & race day - no major changes just for the race, your body doesn't appreciate sudden change. Good luck!