



PERSONAL COACHING
 FOR CYCLING & TRIATHLON

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General Nutritional strategies for different training / event scenarios

Below I have drawn up a table with different training and event scenarios together with the recommended dosages and uses of the different Allsports and Torq Sports Drink products that we tend to recommend.

Product	Recommended use	Dosage
SR3 or Torq Energy (we prefer the latter as contains no artificial sweeteners)	Electrolyte and carb mix for energy and rehydration – use for short / hot sessions or as an alternating drink on longer rides	As per the label – maybe adding slightly less that stated if weather particularly hot – NEVER add less water or more powder than on the label
Torq Energy Bars : juicy bars are packed with energy and vitamins plus stamina boosting Ribose	Longer sessions to supplement liquid fuel plus replenishing energy post-training	The stomach needs something solid to work : we recommend one per hour for rides over 90mins or so and after a hard ride.
Enduroload	Complex performance mix with amino acids, lactic acid buffers, electrolytes and complex carbs. Definitely the GOLD standard of energy fuels and a very sophisticated mix. Alternate with WTF for long rides.	As per the label unless v.hot or long ride when suggest two sachets into 3 x 750ml. As comes in pre-measured sachets easy to carry on bike and add to water collected en-route.
Winter Training Formula (WTF) Summer Training Formula (STF)	Carb mix including 12% protein – as reinforced energy source for long events, also helps combat stomach acids and aids digestion of solids. Use for ALL sessions longer than 2hrs; for v.long sessions (4hrs or more) then consider alternating every other or every third bottle as SR3 for electrolyte replacement	Make up as per label – or slightly weaker solution. Aim for around 500/750ml per hour. Summer Training Formula is a protein enriched carbohydrate supplement with the added benefit of electrolytes for salt replacement on hot summer rides !
TORQ recovery formula	Complex carbs and protein with Ribose – a real top notch recovery booster	Ideal for after longer runs or hard interval sessions and races where the muscles need an extra recovery boost. Make up as per the instructions and drink within 60mins of finishing the session
Advanced Amino Load (AAL)	Complex carbs with added Branch Chain Amino Acids (BCAA's). Latter have been shown to aid recovery between training sessions and also reduce mental and	For dilute solution for during sessions suggest 2-4 scoops in a 750ml bottle. For recovery – 4 scoops in 500ml bottle

	perceived fatigue within longer sessions. Suggest using a dilute solution (see next column) for short road or turbo sessions up to 2hrs; if desire some salts then suggest adding small pinch of high potassium salt (LoSalt). Alternatively use as recovery drink as per label	
Protein mix : DP 90 or Only Whey	High percentage protein mix – use as alternative to aminoload for recovery. Suggest Protein for short, hard sessions (and use dil AAL during session); AAL for after sessions 2-4hrs and both protein and AAL for longer than 4hr sessions	As per product label
Water	Only recommend for short, leg loosener type activities or for additional hydration after sweaty session and between sessions to ensure remain hydrated.	

Examples :

Scenario 1 : hard turbo session, strength / speed intervals

500ml dilute AAL during session or Torq energy especially if you sweat a lot; 500ml full strength AAL or Torq recovery products afterwards to aid recovery

Scenario 2 : 3-4hr road steady / hilly training ride

2x750mls WTF made up as per label or slightly more dilute; consider additional energy source such as energy bar, nutigrain bar etc and consider stopping for extra water if required. If weather warm consider 1 bottle of Torq Energy plus one of WTF / STF depending on the season plus additional bars and water stops. (We suggest either using Gels to add to the water or a premeasured out bag of energy powder). Supplement liquid fuel with Torq energy bars. Recovery as per above

Scenario 3 : 2-4hr race or hard training ride for cycling or triathlon training

Suggest using Enduroload as main fuel plus some bars as extra sustenance. If hot then make up Enduroload as two sachets to three 750ml bottles. For longer events alternate with WTF/ STF and/ or Torq Energy. Recovery as per above

Scenario 4 : 4-8hr Sportif event or Ironman

The strategies will depend on the refreshment opportunities within the event and wherever possible a training session to replicate the strategy before the event should be organized.

Typically however the strategy would involve a mixture of protein rich and electrolyte enhanced energy drinks (such as enduroload or alternating STF with EL), solid foods including some with protein and others more complex carb, additional hydration and extra energy options (bars / gels / carrying pre weighed energy mix etc), and caffeine shots !!

Recovery- additional solid food plus double up on the liquid recovery drinks