

Nutrition

While training for bike racing and especially leading up to a race, it's important to eat the right things so you are both ready to ride and can gain the most fitness from the riding you do.

You're asking a lot of your body when you go on a 30-mile training ride or enter an intense 12-18 mile race. It's important to give it more of what it needs to perform, and to rebuild – and less of what it doesn't need.

Stick to these three basic categories:

Protein: Lean (grass-fed) beef, poultry, fish, hard-boiled eggs, almonds, tofu, beans.

Complex Carbs: most fruits and vegetables, legumes, whole grains, nuts, whole wheat products, brown rice, sweet potatoes.

Good Fats: Olive oil, almond oil, avocado, tuna, salmon, lean red meat. 25% of diet should be “good” fats.

Avoid the following: high fructose corn syrup, altered fats (hydrogenated, saturated, processed), and white sugar.

Before a workout, eat complex carbs for fuel.

After a workout, replenish carbs and eat protein for muscle repair.