



Cinderella Training

January 13, 2007



Hydration Tips:

Aim for 8 ounces of fluid every 15-20 minutes.

Usually 20-40 ounces of sports drinks such as Gatorade is needed to replace electrolytes. (Choose a sports drink with no more than 15 grams of carbohydrates per cup.)

Limit alcohol and caffeine before and after exercise.

Start your exercise well hydrated. Your goal is to urinate clear or pale urine every 2 to 4 hours. (Urine may be darker if taking vitamins.)

A good rule of thumb: Drink before you become thirsty!

Staying Fueled

Our bodies need carbohydrates for fuel. Be sure to eat 1-2 hours before you cycle. Here are 2 examples of a carbohydrate-fueled breakfast: 1) a cup of oatmeal with a cup of 1% or fat-free milk and $\frac{3}{4}$ cup of berries, or 2) $\frac{1}{2}$ bagel or English muffin with a banana.

If you are not able to eat early in the morning, try clif shot blocks, GU or other glucose gels 10-15 minutes before the start of your exercise.

Staying Hydrated

Replace 80-100% of your sweat lost during exercise. Weigh yourself naked before and after the ride. For every pound (16 ounces) lost, is the amount of fluid, which needs to be replaced during exercise. After the ride consume enough fluid to restore your body weight. Common symptoms of dehydration: muscle cramps

Recovery Tip:

Aim for 0.5 grams of carbohydrates per pound of body weight for recovery carbohydrates within 1 hour after your ride. For example a person weighing 150 lbs will need about 75 grams of carbohydrates 1 hour after a training ride of more than 20 miles.

nausea, vomiting, headache, dizziness, confusion, disorientation, weakness, reduced performance, inability to concentrate, and irrational behavior. Exercise can blunt your thirst, so drink according to time. Include sports drinks to replace electrolytes lost. Sports drinks that are about 6% of carbohydrates or less are good choices.



Carbohydrate Foods: 15 grams per serving



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| $\frac{3}{4}$ ounces pretzels | $\frac{3}{4}$ cup cheerios |
| 5 saltine crackers | 1 cup 1% or fat-free milk |
| 1 slice or 1 ounce bread | 1/8-cup raisins |
| 4-6 ounces yogurt | $\frac{1}{2}$ English muffin |
| 8 ounces Gatorade | 3 cups popcorn |
| 1/3 cup cooked rice or pasta | $\frac{1}{2}$ cup fruit juice |
| $\frac{1}{4}$ bagel | $\frac{1}{4}$ (3 oz) potato |
| 4-ounce apple, pear or peach | 1-ounce potato chips |
| 6.5 ounce orange | $\frac{1}{2}$ cup bran flakes |
| 4-inch banana | 6-inch tortilla |

Let me tell you what I think of bicycling. I think it has done more to emancipate women than anything else in the world. It gives women a feeling of freedom and self-reliance.

I stand and rejoice every time I see a woman ride by on a wheel...the picture of free, untrammeled womanhood.

-Susan B. Anthony

Think Fit and Eat Healthy

Avoid fad diets. Make a realistic eating plan. Start by keeping a food journal. Write down what you eat and drink. Evaluate your food choices and habits. Make sure that you eat a healthy breakfast everyday. Do not skip meals so that you become so hungry you overeat. Eat slowly and enjoy your food. Only eat high calorie foods and beverages in moderation. Aim for 8-10 servings of fruits and vegetables, 2-3 servings of low-fat dairy foods daily. more

Choose whole grains and fiber rich foods. Choose lean meats such as fish, poultry without skin, white pork and tofu. Limit fried and high fat foods.

Plan non-food activities when you are bored, lonely or tired to avoid eating through these times.

Remember it is the total calories and portion sizes that influence our weight; carbohydrates are not the sole cause of weight gain.

Quick & Easy Snacks for the Ride

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| Dried fruit | Rice Cakes |
| Trail Mix | Dry Cheerios |
| Clif Shot blocks | Banana or fresh fruit |
| Fig Bars | Granola Bar |
| Wheat thins | Pretzels |

