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Bike Athlete Performance, Blog 11

Charles Perris

Virginia Commonwealth University



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MY SPACE

<https://rampages.us/myspace/>

Charles Perris

ASSIGNMENT 3: MY MUSETTE

OCTOBER 6, 2015 LEAVE A COMMENT

[Assignment 3: My Musette](#)

<https://youtu.be/evIb3SBem-4>



What's in my Musette Bag? Click on the link to find out!

ASSIGNMENT 3: MACRONUTRIENT CARBS!

SEPTEMBER 24, 2015 LEAVE A COMMENT

Although I haven't raced my bike in quite some while, I'm training now for the upcoming cyclocross and road racing season. In the time since I raced I've still ridden quite a lot, and I often go for group rides with others who race, or are very fit. As a result, it's very important for me to fuel properly, otherwise I'd be left in their dust.

Let's say that I'm going for a two-hour, forty mile ride. With a 20 mph average, I'm going to be burning a lot of fuel. The night before, I tend to eat carb heavy, something like pasta. I generally aim for a 4:1 carb to protein ratio when I'm fueling up beforehand. About two hours before my ride, I'll have a bagel and a half with cream cheese, again roughly aiming for that ratio as I try to focus more on the carbs. I'll also have some fruit, as it's okay to have simple sugars that far in

advance, and I don't need to be worried about an insulin spike. Bananas and apples are also a decent source of carbs.

During the ride I like to use energy gel chews and a Clif Bar, which I'll nibble at in small amounts throughout. We usually stop to regroup as we get stretched out, so I'll take a bite every now and then, eating one bar over the two hours. This also has a 4:1 carb to protein ratio. The gels help with quick bursts of energy, but it's important to be wary of crashes as they're very simple sugars, and meant to be absorbed quickly. In that regard, it's important to keep eating them fairly regularly once you begin.

That's what I do on one of my faster, weekend rides. It works for me, but as pointed out in Lecture 2, it's better to experiment personally, and figure out your own methods. Thanks for reading, and keep on riding!