

AN EXPERIENCED RIDER'S GUIDE TO SPORTIVE TRAINING

In partnership with...

AndyCookCycling



For beginner to pro

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SPORTS NUTRITION

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AndyCookCycling

COACHES

Andy & Jacqui Cook

Andy Cook is a former President of the Union Cycliste Internationale (UCI) "Cycling for All" Commission and is currently a member of the UCI "Mass Participation" Commission. Andy has held senior positions at both British Cycling and the Cyclists Touring Club (CTC).

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If you are interested in more personalised coaching, visit www.andycookcycling.com

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WELCOME

Andy Cook Cycling is run by British Cycling qualified coaches. In the last 25 years they have trained and coached thousands of cyclists from absolute beginners to top level competitors, helping them improve their performance. A knowledgeable and adaptable approach makes it easy to develop your bike fitness. This 12 week training plan will work on your endurance but also develop pace and power through tough interval sessions. It's perfect if you're targeting a quicker time at your upcoming sportive or tackling a particularly challenge route.

The right nutrition in training will help you along the way to a successful Sportive and getting stronger. Using sports nutrition correctly can help strengthen your immune system, improve your endurance performance, and contribute to muscle growth.

Carbohydrate is the fuel that your body uses for energy when exercising. Although your body has a limited store of carbohydrate, it's normally sufficient for exercising **up to 90 minutes**. So for shorter training sessions, you only need to take on fluids with electrolytes to remain **HYDRATED**. A zero calorie electrolyte drink like High5 **ZERO** enhances hydration and can help you control your calorie intake.

Some of your rides are already over 90 minutes and you may find low energy levels towards the end of your ride, especially those over 3 hours.

When exercising for longer, you should focus on **HYDRATION** and **ENERGY**. Your body's limited store of carbohydrate can be depleted after 90 to 120 minutes and as a result your energy levels will drop. Your body is telling you that it needs more carbohydrate to maintain your pace. Fuelling your body with a drink like High5 **EnergySource** or using High5 **EnergyGel** will help maintain your performance and provide the extra carbohydrate you need for longer sessions. You will also not feel so tired the following day.

WEEK 1

MONDAY - CYCLING 1 HR

Warm up for 20mins pedalling a low gear at 90-100rpm. Then ride at just above your functional threshold (FT) for 1 min at 100 - 105 rpm, followed by 1 min easy. Repeat 10 times. Warm down for 20mins

Concentrate on smooth pedaling action so as to maintain a high cadence. Consider Stretching, Yoga or Pilates so as to maintain and improve stability, flexibility and lower back strength. Combine this with a daily mobility exercise routine as part of the twelve week programme

TUESDAY - REST DAY 1 HR

An endurance training session. Ride at an average of about 85%-95% of FT heart rate. This is best completed on your own, unless you have a small group with very similar ability

As this session is heavy on carbs make sure you fuel well during the ride. These sessions will be harder than base/recovery rides but are not 'flat out' efforts

WEDNESDAY - CYCLING 1 HR

Steady paced ride at 90-95rpm

Concentrate on smooth cadence

THURSDAY - REST DAY 1.5 HRS

Warm up ride of 30mins at 90-100rpm. Interval set: 6 X 1min effort in large gear (53X14/15) at 50 - 60 rpm. After each effort 1 min rest by spinning a small gear at 100rpm. After 1st set of 6 interval 5 min rest then repeat another set of 6 repetitions. Finish with warm down, pedalling a lowish gear at 90-100rpm

The interval riding will develop speed and power. Don't forget your recovery routine following these interval sessions

FRIDAY - REST DAY

Rest. Check your bike and plan route/s for weekend ride/s

SATURDAY - CYCLING 2 HRS

Join a group ride

Although no structure given for these rides it is a good chance to practice group riding skills; ride in a relaxed way and enjoy the social aspects of riding in company

SUNDAY - CYCLING 3 - 3.5 HRS

Steady Paced Endurance ride at 90-95rpm Begin the session with a good warm up for 30mins and then concentrate on riding at 85%-95% of FT for 1hr followed by 30 minutes at recovery rate before a second hour at 85% - 95% FT. Finish with good warm down

Remember to drink and eat on the bike and make sure you follow your recovery regime after the ride

WEEK 2

MONDAY - CYCLING 1 HR

Recovery ride nice and easy. A gentle ride spinning the pedals. Enjoy the bike ride

Try a new route for a change or ride tracks on a mountain bike

TUESDAY - CYCLING 1.5 HRS

Threshold session. Warm up thoroughly and then ride at FT for 12mins followed by 3mins rest. Repeat 3 - 4 times. Warm down well

Concentrate on maintaining a constant FT power output or heart rate during the 12 minutes effort periods

WEDNESDAY - CYCLING 1 - 1.5 HRS

Steady ride. Best completed alone or with a small group of similar ability riders

If riding with others don't be tempted to ride beyond your ability especially when climbing. Its your training so ride at your pace, not theirs

THURSDAY - CYCLING 1.5 HRS

Threshold session. Warm up as usual then ride for 5mins at FT followed by 1min recovery. Repeat between 6 - 8 times then warm down

These sessions can be completed on the road or on a turbo. Remember to drink properly and take on carbs

FRIDAY - REST DAY

Check and maintain the bike

SATURDAY - CYCLING 2 - 2.5 HRS

Group ride

Practice your group riding skills; Enjoy the ride and make the most of riding with others

SUNDAY - CYCLING 3.5 - 3.75 HRS

Begin this endurance session with a good 20mins warm up, then concentrate on riding at 85%- 95% FT for 1hr 15mins followed by a further 30 minutes at recovery rate before a second 1 hr 15mins at 85% - 95% FT. Finish with a good warm down

Good opportunity to practice drinking and eating on the bike. Find what suits YOU. Make sure you follow your recovery regime after the ride

WEEK 3

MONDAY - CYCLING 1 HR

Recovery ride nice and easy. Spin the pedals enjoy the bike ride
Find some new roads, Try a new route or use the mountain bike

TUESDAY - CYCLING 1.5 HRS

Threshold session. Thorough warm up then ride at FT for 8mins followed by 2mins rest. Repeat this 3 - 5 times. Warm down well

Keep within your numbers and stick to the figures that are relevant to you. Concentrate on pedalling technique and maintain a fluid cadence of 90- 100rpm

WEDNESDAY - CYCLING 1.5 - 2 HRS

Steady ride. Best completed on your own or with the small group of similar ability

THURSDAY - CYCLING 1.5 HRS

Threshold session. Warm up thoroughly and then ride at FT for 12mins followed by 3mins rest. Repeat 3 - 4 times. Warm down well

Concentrate on maintaining a constant FT power output or heart rate during the 12-minute efforts

FRIDAY - REST DAY

A relaxing day or evening. Why not go to the pictures!

SATURDAY - CYCLING 2 - 3 HRS

Group ride. Practice group riding skills; Enjoy the ride and the social aspect of riding with others

SUNDAY - CYCLING 3.5 - 3.75 HRS

Endurance ride. Begin this session with a good warm up for 20mins and then concentrate on riding at 85%-95% FT for 1hr 15mins followed by a further 30 minutes at recovery rate before a second hour and fifteen at 85% - 95% FT followed by a good warm down

Remember to drink and eat on the bike. Practice refueling strategies peculiar to you. Decide which bars and drinks are right for you. Make sure you follow your recovery regime after the ride

NUTRITION TIP:

It is time to consider your rest and recovery routine. It is important to re-fuel immediately after your ride. Consuming carbohydrates contributes to recovery of normal muscle function after strenuous exercise, whilst high quality whey protein helps grow and maintain muscle mass. Use a recovery drink like High5 **Protein Recovery**, or eat a meal with both protein and carbohydrate. Aim to have this as soon as you finish your training for maximum effect. This is where a recovery drink that mixes quickly and easily is more convenient. Eat a balanced meal one to two hours after your ride.

WEEK 4

MONDAY - CYCLING 1 HR

Recovery ride. A nice and easy gentle spin, enjoying the bike ride
Maintain a steady ride. Don't forget the stretching regime suggested in Week 1

TUESDAY - CYCLING 1.5 HRS

Warm up for 20 minutes. Ride at a "steady" pace for 20 minutes not recovery but also not endurance pace, followed by 20mins recovery then another 20 minutes steady followed by warm down
As this is the fourth week adaptation should be taking place.. Therefore make sure the intensity of this session is **NOT hard**

WEDNESDAY - REST DAY

Enjoy! But remember to stretch

THURSDAY - CYCLING 1.5 HRS

Steady ride on as flat a circuit as possible
As this is week 4, adaptation should be taking place. Therefore make sure the intensity of this session is **NOT hard**

FRIDAY - REST DAY

Take some time to Check your shoe cleats and have a look at your shorts and clothing, including base layers. Start to replace anything that is wearing out

SATURDAY - CYCLING 2 HRS

Group ride
Practice group riding skills; Enjoy the ride and the social aspect of riding with others

SUNDAY - CYCLING 3 HRS

Warm up for 20 minutes. Ride at a "steady" pace for 20 minutes not recovery but also not endurance pace, followed by 20mins recovery then repeat 3 more times followed by warm down
Make time for a tea stop on this ride, if you fancy it. Treat yourself

WEEK 5

MONDAY - REST DAY

Stretching exercises

TUESDAY - CYCLING 1 HR

Steady paced ride - try not to get out of breath.
Pedal at 90-95rpm
Steady pace will need to add a few miles on to training route as will be increasing speed slightly from this week

WEDNESDAY - REST DAY

Rest

THURSDAY - CYCLING 1 HR

Warm up for 20mins at steady pace of 90-95 rpm, before - 5 mins brisk at 110rpm, ease off for 10mins at 80rpm - then another 5mins brisk at 110 rpm. End ride with warm down for 20 mins at steady pace of 90 rpm
Try and keep the brisk efforts constant. Rest and recovery drink afterwards

FRIDAY - REST DAY

Rest

SATURDAY - CYCLING 2 HRS

Steady paced ride at 95-100 rpm. Try making some efforts on the hills and keep pedalling over the top
Change into lower gear where necessary. Remember your rest and recovery drink/ food after the ride

SUNDAY - CYCLING 2 - 2.5 HRS

Ride with friends or club. Keep pedalling rhythm smooth and constant
Make sure that you rest, drink and eat so as to re-fuel after this ride.
For more efficient riding consider your pedalling action.

To maintain a good cadence, treat your pedals like a treadle operated machine. With practice this will involve the ankles so as to create a smooth, complete pedalling action. Avoid the temptation to just push down on the pedals. Think of **Treadle** rather than **Treadmill**

WEEK 6

MONDAY - CYCLING 1 HR

Recovery ride
Keep the gears low and resist temptation to ride hard

TUESDAY - CYCLING 1.75 HRS

Threshold session. Warm up then ride at FT for 8mins, followed by 2mins rest. Repeat 5 times Warm down well
Maintain concentration on pedalling so as to cadence at 90-100 rpm

WEDNESDAY - CYCLING 1.5 HRS

Endurance session. Ride at around 85-95% of FT heart rate
Good time to decide on the energy foods and gels that suit you

THURSDAY - CYCLING 1.75 HRS

Threshold session. Warm up thoroughly, then ride at FT for 12mins, followed by 3mins rest. Repeat 4 times. Warm down
Keep a constant FT Heart Rate or (power output) during the 12mins of effort

FRIDAY - REST DAY

Relax

SATURDAY - CYCLING 2.5 - 3 HRS

Group ride - Make the most of group ride

SUNDAY - CYCLING 4 HRS

Endurance ride. Start with 30mins warm up, then concentrate on maintaining 85- 95% FT for 1 hr 20mins. Follow with 30mins at recovery rate, then a second 1 Hr 20mins at 85- 95% FT. A good warm down to finish
Think about your recovery regime. Is it working well?

NUTRITION TIP:

Tip: if you are struggling towards the end of your rides: High5 EnergySource X'treme is intended as a one time caffeine hit to give you a boost in the latter stages of a long training ride

Note: High5 caffeine content. Not recommend for pregnant or breast-feeding women and children

WEEK 7

MONDAY - REST DAY

Stretching, pilates/yoga/mobility should still feature in your all round training programme

TUESDAY - CYCLING 1 HR 40 MINS

Warm up for 20 minutes. Ride at a "steady" pace for 20 minutes ie not recovery but also not endurance pace, followed by 20mins recovery then another 20 minutes steady followed by warm down
Make sure the intensity of this session is **NOT hard**

WEDNESDAY - CYCLING 1 HR

Recovery ride at recovery pace for 1hr
Ensure that the ride is within the recovery zone

THURSDAY - CYCLING 1.75 HRS

Warm up for 20 minutes. Ride at a "steady" pace for 20 minutes not recovery but also not endurance pace, followed by 20mins recovery then another 20 minutes steady followed by warm down
Adaptation should be taking place this week. Therefore make sure the intensity of this session is **NOT hard**

FRIDAY - REST DAY

Take some time to check your bike more thoroughly. This may involve booking it in for a service at the local bike shop. If any kit is wearing out, now is the time to get it changed

SATURDAY - CYCLING 2 HRS

Group ride
Enjoy this ride. Stop for coffee and cake if practical

SUNDAY - CYCLING 4.5 HRS

Endurance Ride Warm up for 30mins. Then ride for 1 Hour at 85- 95% FT followed by 20mins at recovery rate. Repeat with a second 1 Hour followed by 20mins recovery then a third 1hour at 85-95%FT followed by a good warm down
Take a break with a tea stop on this ride

WEEK 8

MONDAY - CYCLING 1 HR

Warm up for 20mins in low gear at 90-100 rpm, then ride just above FT for 1 min at 100-105 rpm followed by 1 min easy. Repeat this 10 times Warm down
Concentrate on smooth pedalling and maintain cadence

TUESDAY - CYCLING 1 HR

Steady pace 90- 95rpm
Concentrate on keeping cadence smooth

WEDNESDAY - CYCLING 1.5 HRS

Endurance training. Ride at around 85-95% of FT. Best done on your own
If you do ride with others, remember it is your training that matters

THURSDAY - CYCLING 1 - 1.75 HRS

30mins warm up @90- 100rpm. Interval set: 6 X 1min effort in large gear (53X14/15) @ 50 - 60 rpm. 1 min rest after each effort spinning a small gear @100rpm. After 1st set of 6 intervals 5 min rest, then repeat set twice. Finish with warm down in light gear @90-100rpm
Think about the pedalling technique and ensure that the motion is efficient

FRIDAY - REST DAY

Rest

SATURDAY - CYCLING 2.75 HRS

Group ride. Take your turn in leading and don't shirk the workload on the group ride. However, don't "race" the others either!

SUNDAY - CYCLING 4 - 5 HRS

Endurance ride. Begin the session with a good warm up for 30mins and then concentrate on riding at 85%-95% FT for 1hr followed by a further 30 minutes at recovery rate before a second 1 hour at 85% - 95% FT followed by a further 30 min recovery. Complete a third hour at 85-95 FT before a good warm down
Don't forget to eat and drink. This ride should prove your choice of food and drink. Make sure you maintain your recovery regime after the ride

NUTRITION TIP:

With only 5 weeks to go it's time to think about the nutrition strategy for your sportive. Find out what products/brand will be on course but remember that it is easy to carry your nutrition in your jersey pockets and saddle bag so you don't have to rely on the nutrition available on course. The feed stations will have water available so you can mix more drink later in the ride. Try out your nutrition strategy on your longer ride to be sure that it works for you and you can go into the sportive with confidence.
Check out the High5 [Sportive Guide](#) on page 7 for some advice on your best nutrition strategy.

WEEK 9

MONDAY - REST DAY

A recovery week for adaptation to take place. Think about general nutrition and quality rest. The coming test should show improved results. Check and clean the bike after the weekend riding

TUESDAY - CYCLING 1 HR

Easy ride. Gentle spin enjoying the bike ride
Explore. Go touring!

WEDNESDAY - REST DAY

Be completely rested in anticipation of tomorrows test!

THURSDAY - CYCLING 1.25 HRS

FTP Test - 10mins easy. 3 X 1 min @120rpm with 1 min easy after each. 4 min easy then 5 min hard. Take 10 min easy then 20 min as hard as possible. 10-15 warm down
Have an assistant to record the all important numbers! Hopefully the average number will have gone up to prove the training is working!

FRIDAY - REST DAY

Rest

SATURDAY - CYCLING 2.5 HRS

Nice steady ride without "pushing it" maintaining a cadence of between 90 - 100rpm
Ride with a friend or a group of similar ability to ease the monotony of training alone

SUNDAY - CYCLING 3 HRS

Same as yesterday. Include a stop at a café if convenient and time allows
Group riding at this stage will contribute to skills development

WEEK 10

MONDAY - CYCLING 1 HR

Recovery ride
Make sure it is recovery!

TUESDAY - CYCLING 2 HRS

Threshold session. Warm up thoroughly and then ride at FT for 12mins followed by 3mins rest. Repeat 5 times. Warm down well

Concentrate on maintaining a constant FT power output or heart rate during the 12 minutes effort

WEDNESDAY - CYCLING 1.5 HRS

Endurance training session riding at an average of around 85%-95% of FT heart rate. Best completed on your own or a small group of similar ability riders

If riding with others don't be tempted to ride outside your own zones especially when climbing

THURSDAY - CYCLING 1.75 HRS

Threshold session. Warm up as usual then ride for 5mins at FT followed by 1min recovery. Repeat between 8 times then warm down

These sessions can be completed on the road or on a turbo, so weather should be no problem. Make sure you drink, so as to hydrate properly and take on carbs

FRIDAY - REST DAY

Maintain your stretching regime! Check the bike ready for the weekend's rides

SATURDAY - CYCLING 2.5 - 3 HRS

Group ride. Make sure that you take your turn at the front of group and don't shirk the workload. However, remember not to "race" the others. Make sure that you take your turn at the front of group and don't shirk the workload. However, remember not to "race" the others

SUNDAY - CYCLING 4 - 5 HRS

Endurance ride. Begin the session with a good warm up for 30mins and then concentrate on riding at 85% - 95% FT for 1hr followed by a further 30 minutes at recovery rate before a 2nd 1hr at 85% - 95% FT followed by a further 30 minutes recovery before a 3rd 1hr at 85% - 95% FT finish with a good 30mins warm down

Don't forget to eat and drink on the bike and make sure you maintain your recovery regime after the ride

WEEK 11

MONDAY - CYCLING 1 HR

Recovery ride
Use the same route as last week

TUESDAY - CYCLING 2.5 HRS

Threshold session. Warm up thoroughly and then ride at FT for 12mins followed by 3mins rest. Repeat 5 times. Warm down well

Concentrate on maintaining a constant FT power output or heart rate during the 12 minutes effort

WEDNESDAY - CYCLING 1.5 HRS

Endurance session riding at an average of around 85%-95% of FT heart rate. Best completed on your own

If you do ride with others remain within your own zones particularly when climbing. Make it your training not theirs

THURSDAY - CYCLING 1.75 HRS

Threshold session. Warm up as usual then ride for 5mins at FT followed by 1min recovery. Repeat between 8 times then warm down

These sessions can be completed on the road or on a turbo. Make sure you hydrate properly and take on carbs

FRIDAY - REST DAY

With the ride coming up look over the bike. Does anything need replacing? Do you need more tyres? Check out the local shop or the online retailers' latest offerings!

SATURDAY - CYCLING 2 - 3 HRS

Group ride. Enjoy the bike ride and company offered by other riders.

SUNDAY - CYCLING 4.5 - 5 HRS

Endurance ride. Begin the session with a good warm up for 30mins and then concentrate on riding at 85% - 95% FT for 1hr followed by a further 30 minutes at recovery rate before a 2nd 1hr at 85% - 95% FT followed by a further 30 minutes recovery before a 3rd 1hr at 85% - 95% FT finish with a good 30mins warm down

Don't forget to eat and drink on the bike and make sure you maintain your recovery regime after the ride. You should now know what "fuel" you will be taking next week

WEEK 12

MONDAY - REST DAY

REST

TUESDAY - CYCLING 1 - 1.5 HRS

Final FT test. 10mins easy, then 1 min at 120rpm followed by 1 min easy. Repeat 2 more times. 4mins easy then 5 min hard. 10 min easy then a final 20 min as hard as you possibly can! 10-15mins warm down

This should provide the confidence that all the previous eleven weeks training has paid off!

WEDNESDAY - REST DAY

Rest

THURSDAY - CYCLING 1.5 HRS

Have a nice relaxed ride. Gentle spin at an easy pace with hardly any effort
Ensure that recovery ride is what it is!

FRIDAY - REST DAY

Rest

SATURDAY - CYCLING 1 HR

Another nice light spin. Enjoy riding the bike and regard as a final check on the smooth running of your machine

Your bike is right, your clothes are ready, your food and drink is prepared, you know where and when you are going, so just relax

SUNDAY - CYCLING

THE BIG DAY

Sit in the saddle and have a good ride

NUTRITION TIP:

Carbo load in the days before the race.
[Find more info here](#)

SPORTIVE NUTRITION GUIDE

These guidelines are based on the latest science and real world feedback from thousands of athletes. Research shows that by just following these guidelines, athletes were able to maintain their pace 26% longer during an endurance ride. This was compared to their existing brand of sports nutrition consumed as they would normally¹... **Yes these guidelines work!**

THE FUEL FOR SPORT

Carbohydrate is the high-energy fuel that lets you ride fast and far, and it's what makes your time on the bike enjoyable. Unfortunately your body only has a limited store of carbohydrate, which can be depleted after around 2 hours of riding.

Think back to how easy it is in the first couple of hours of a tough ride, as compared to the last hour when you have depleted your carbohydrate reserves. Fuelling your body with additional carbohydrate, by consuming sports drinks and gels as you ride, will extend your endurance and provide the extra energy you need to enjoy your longer events - particularly in the latter stages.

It might seem logical that the more carbohydrate you consume the better, but you should take care. You are able to consume (swallow) a large amount of carbohydrate, but that does not mean your digestive system can process it as quickly. Research shows that if you consume more than **60g per hour** of the carbohydrates found in **traditional**² sports drink and gels, any extra will simply sit in your digestive tract and not be absorbed. Unless carbohydrate is absorbed into your bloodstream, it is of no benefit to your sports performance. Consuming too much carbohydrate can also lead to stomach cramps.

To exceed the 60g per hour limit, you have to switch to a new type of sports drink. The recommended intake for **2:1 fructose** drinks is **90g per hour**. This ability to deliver additional carbohydrate can make a substantial difference to your performance in an endurance event.

HOW MUCH DIFFERENCE?

If you follow this guide, you will get 90g of carbohydrate each hour to fuel your working muscles. **That's a total of 450g more carbohydrate during a 5-hour Sportive.**

Remember: If you cannot consume the full amount of drinks and gel shown, then consuming 70g of carbohydrate per hour is better than 50g and that's better than 30g.

¹ For more details see <http://highfive.co.uk/research-and-development/go-further.html>

² For the purpose of this illustration, a "traditional" energy or sports drink is one containing a source of carbohydrate that breaks down to glucose and contains little or no fructose.

BREAKFAST BEFORE:

Your breakfast should be light and high in carbohydrate; good examples would be cereals, toast and porridge. 60 to 90 minutes before the start you should **Caffeine Load**. This is achieved by drinking the following amounts of **EnergySource X'treme** based on bodyweight. For higher bodyweights (80kg and above), you will also need to take gel containing caffeine.



Your body weight:

40kg: 425ml **50kg:** 550ml **60kg:** 650ml **70kg:** 750ml

80kg: 750ml + 1 Gel Plus

90kg: 750ml + 2 Gel Plus

This will provide you with an effective dose of caffeine (approx. 3mg per kg bodyweight). Avoid tea and coffee on the day of your event.

DURING YOUR RIDE

How much you are able to drink during your event will depend on weather conditions. In warm / hot conditions, the 2:1 fructose formulation in High5 **EnergySource** means that you should be able to drink up to 1000ml per hour. This will provide fluids, electrolytes and 90g of carbohydrate for energy. If the weather is cool and you drink less, your carbohydrate intake will be less and you will need to boost it with gel. If you drink the following amounts of **EnergySource** each hour, you should take the number of gels shown below:



800ml: no gel

750ml: 1 x gel sachet per hour

400ml: 2 x gel sachets per hour

It's important to focus on drinking as much as possible to remain hydrated. For gel intake you can use either High5 **EnergyGel** or **IsoGel** depending on personal preference.

Your body removes caffeine from your bloodstream over time. To keep your caffeine levels "topped up" your **first gel every hour** should be **EnergyGel Plus** or **IsoGel Plus**. Both contain 30mg of caffeine. **Any remaining gels each hour** should then be standard gel with no caffeine.



AFTER YOUR RIDE:

Drink 400ml to 800ml of **Protein Recovery** when you finish. Eat a balanced meal one to two hours later.

CAFFEINE NOTE:

If you have any medical condition including high blood pressure, if you are pregnant, breast feeding or under 18 years of age, **do not use caffeine**. If you are sensitive to caffeine and suffer any side effects when using caffeine such as muscle tremors, cramp, anxiety or a higher than expected heart rate discontinue use immediately. If you do not wish to use caffeine for any reason, then simply switch the caffeine products detailed with the non-caffeine equivalent from High5.

KEY PRODUCTS

ENERGYSOURCE (2:1 FRUCTOSE)



Advanced sports drink mix

- Caffeine free
- 2:1 fructose carbohydrate with key electrolytes
- Great light taste

ENERGYGEL



A smooth gel with a dash of real fruit juice for a light taste

- Proven in the World's toughest competitions
- 23g of carbohydrate
- EnergyGel (without Caffeine); EnergyGel Plus (with 30mg caffeine)

ISO GEL



23g carbohydrate gel that's more like a drink than a gel. Can be taken without water

- Smooth, light & not too sweet
- A dash of real juice flavours for a light refreshing taste
- Proven in the World's toughest competitions
- IsoGel (without caffeine); IsoGel Plus (with 30mg caffeine)



X'TREME (2:1 FRUCTOSE)



Advanced sports drink mix with HIGH caffeine

- High caffeine content (300mg/L)
- Intended for caffeine loading or a big caffeine hit*
- 2:1 fructose carbohydrate with key electrolytes
- Great light taste

*X'TREME IS NOT INTENDED FOR CONTINUOUS USE DURING EXERCISE.

ZERO Neutral



The UK's leading zero cal electrolyte sports drink tab

- Transform any drink into an electrolyte sports drink
- Boost the electrolyte levels of an existing sports drink
- Zero sugar
- Vitamin C electrolytes, including sodium and magnesium
- Suitable for a wide range of sporting activities
- Neutral flavour. No artificial colours or preservatives

PROTEIN RECOVERY



The ultimate post exercise drink mix with whey isolate

- The Pro's choice after exercise
- Contains the highest quality whey protein isolate
- Contains carbohydrate
- Mixes easily into water or milk

GREAT VALUE TRIAL PACK:

The High5 **Race Pack** contains a perfect mix of High5 award-winning nutrition to enable you to follow our Advanced Nutrition Guidelines for a 4 hour Sportive, MTB or Triathlon event. It comes with a **FREE bike bottle** and **4 FREE gels**.

This pack is intended to demonstrate what can be achieved using the latest generation of sports nutrition and a scientific strategy for your sport, **and without the need to spend a lot of money!**

Available from all good bike shops and online.



 **HIGH5 IS A UK COMPANY**



For beginner to pro

HIGH5
SPORTS NUTRITION