

AN INTERMEDIATE'S GUIDE TO SPORTIVE TRAINING

In partnership with...

AndyCookCycling



For beginner to pro

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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).

Jacqui Cook is a lifelong cyclist and former National Record holder. Jacqui has trained thousands of cyclist of all ages and abilities.

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 is perfect for you if you have already done a shorter sportive and want to get faster or want to step up to a more challenging course. This weekly schedule builds your endurance enabling you to really attack those final miles.

The right nutrition in training will help you along the way to a successful Sportive. 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.

WEEK 1

MONDAY - CYCLING 1 HR

Ride at Steady Pace 80-85rpm
This week concentrate on supple pedalling, keeping your pedalling rate or cadence high.

TUESDAY - REST DAY

Consider starting stretching regime at home or join a yoga or Pilates class

WEDNESDAY - CYCLING 1 HR

Ride at Steady pace 85-90 rpm
Concentrate on Keeping your cadence high, with an even effort throughout.

THURSDAY - REST DAY

Stretching routine at home

FRIDAY - REST DAY

Rest

SATURDAY - CYCLING 2 HRS

Ride at Steady Pace 90-95rpm
Maintain high cadence and with effort up and down any hills

SUNDAY - CYCLING 2 HRS

Steady Pace 90-95rpm
Keep the cadence high; consider riding with a group or a club

WEEK 2

MONDAY - REST DAY

This week focus on cadence and keeping your efforts even throughout the rides

TUESDAY - CYCLING 1 HR

Steady Pace 90-95 rpm

WEDNESDAY - REST DAY

Rest

THURSDAY - CYCLING 1.5 HRS

Steady Pace 90-95rpm. During the last half hour of ride Include 10mins at a brisk pace of 100-110rpm
From now we will start to introduce short sharp efforts within the ride to increase speed

FRIDAY - REST DAY

Rest

SATURDAY - CYCLING 1.5 HRS

Steady Pace 90-95rpm. Include 2 sets of 5 mins alternating 15 seconds hard and 45 seconds easy
Stay seated and aim for a cadence of 120 rpm during short, hard effort

SUNDAY - CYCLING 2 HRS

Steady Pace 90-95rpm
Keep the cadence high and effort even up and down any hills. Pedal over top of hills

WEEK 3

MONDAY - REST DAY

This week initiate your rest and recovery routine. Start to rest and refuel straight away after each training session. Try to keep to your stretching routine.

TUESDAY - CYCLING 1.5 HRS

Steady Pace 90-95 rpm
If pedalling seems difficult, think of using your pedals like a treadle machine and not a Treadmill

WEDNESDAY - REST DAY

Rest

THURSDAY - CYCLING 1.5 HRS

Steady Pace 90-95rpm. Include 15 mins of a brisk pace of 100-110rpm in the last half hour of your ride. Important to warm down for the last fifteen minutes
Concentrate on keeping your cadence smooth

FRIDAY - REST DAY

Check over your bike for the weekend riding.
(Tyres, brake and gear cables, chain.)

SATURDAY - CYCLING 1.5 HRS

Steady Pace 90-95 rpm. Include 3 blocks of 5 mins alternating 15 seconds hard, 45 seconds easy
Stay seated and aim for a cadence of 120 rpm in hard sections. Remember your recovery routine

SUNDAY - CYCLING 2 HRS

Steady Pace 90-95rpm, preferably in company
Keep the cadence up and effort even throughout the ride. Try to ride with a group or a club for a bit of fun

NUTRITION TIP:

If you are using a zero calorie electrolyte drink like ZERO, 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 - REST DAY

Where possible complete the FTP test in order that you can record a "benchmark" and measure "numbers"!

TUESDAY - CYCLING 1 HR

Enjoy a relaxing easy ride, but keep pedalling
Avoid the temptation to ride at any intensity
remember to pedal smoothly

WEDNESDAY - REST DAY

Rest

THURSDAY - CYCLING 1 HR

Your FTP Test - 10 mins easy. Then 3 X 1 min @120rpm with 1 min easy after each effort. Ride 4 min easy then 5 min hard. Ride 10 min easy then 20 min as hard as possible. Warm down for further 10-15mins

This is best done on a turbo. Make sure you record the data either power or heart rate during the test.
Involve a helper, to assist with test

FRIDAY - REST DAY

Rest

SATURDAY - CYCLING 1 HR

Easy ride. Relax and enjoy as on Tuesday
Take some time to check your clothing / shoe cleats/ shorts/ Base Layers. If any kit needs replacing, start looking for suitable items

SUNDAY - CYCLING 2 HRS

Easy ride in company, relax and enjoy
Ride with a club or group, enjoy a short tea stop

WEEK 5

MONDAY - REST DAY

If you don't have the equipment to measure pulse or power , then judge the "brisk" pace as comfortably hard not, hardly comfortable"

TUESDAY - CYCLING 1.5 HRS

Warm up ride of 30mins. Then ride at a brisk pace (at 95% of FT) for 7mins, 1 min easy. 5 min brisk, 1 min easy, then a further 3 min brisk before easing for warm down. Aim for 100 - 110rpm during the brisk efforts

Concentrate on your cadence. Make a constant effort during the brisk riding so as to improve your endurance

WEDNESDAY - REST DAY

Consider introducing a few mobility exercises, in addition to your stretching

THURSDAY - CYCLING 1.5 HRS

Warm up of 30mins at 90-100rpm prior to: 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 interval 5 min rest then repeat set. Finish with warm down in light gear @90-100rpm

These interval sessions are designed to develop speed and power. Don't forget your recovery routine following these interval sessions

FRIDAY - REST DAY

Rest

SATURDAY - CYCLING 2 HRS

Mainly steady riding at 90 - 100 rpm. During the middle part of the ride include two sets of 5 repetitions riding 15 sec hard followed by 45 sec easy. Stay in the saddle during the hard 15 sec effort and aim for 120rpm in these bursts. Ride steadily for 5mins between sets

These interval sessions are designed to develop speed and power. Don't neglect your recovery routine after these interval sessions

SUNDAY - CYCLING 3 HRS

A group ride Try to avoid "racing" with companions but by all means make a few hard efforts on the climbs

Practise eating and drinking on the bike and make sure you follow your recovery regime after the ride

NUTRITION TIP:

Your rides are now starting to get longer and you may find low energy levels towards the end of your ride. 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 6

MONDAY - REST DAY

Rest

TUESDAY - CYCLING 1.5 HRS

Warm up for 30 mins then ride at brisk pace (95% of FT) for 8mins, then 1 min easy. 6 min brisk with 1 min easy and final 4 min brisk before a steady warm down. Brisk riding at 100 - 110rp

Concentrate on your cadence technique. Ride with constant effort during the brisk periods so as to enhance your endurance

WEDNESDAY - REST DAY

Rest

THURSDAY - CYCLING 1.5 HRS

20 mins warm up ride at 90- 100rpm. Interval set: 8 X 1min effort in large gear (53X14/15) at50 - 60 rpm. 1 min rest after each effort spinning a small gear (53 x 20-21) at @100rpm. After 1st set of 8 repetitions, ride easily for 5 min then repeat set. Finish with warm down in low gear at 90- 100rpm

The interval riding will develop speed and power. Drink during this session and remember the recovery requirements

FRIDAY - REST DAY

Rest

SATURDAY - CYCLING 2.5 HRS

Steady riding at 90 - 100 rpm but in the middle of the ride include three sets of 5 mins changing from 15 sec hard to 45 sec easy. Stay in the saddle during the hard efforts and try to achieve 120rpm in these bursts

Stretch before and after the ride. Use recovery drinks immediately after your session

SUNDAY - CYCLING 3 HRS

As last week a "sociable" ride with a group. Try to avoid "racing" within this group but do make a few efforts on the climbs

Follow your usual recovery routine but don't neglect the bike. Good opportunity to wash, clean & lubricate the bike

WEEK 7

MONDAY - REST DAY

Having cleaned the bike it is a good time to check for worn components. (brake blocks, chain tyres)
Arrange to buy or have replaced.

TUESDAY - CYCLING 1 - 1.5 HRS

Ride for 30mins to warm up, then ride at brisk pace (95% of FT) for 9mins, 1 min easy, 7 min brisk, 1 min easy, 5 min brisk Follow this with warm down, pedalling comfortably.
Brisk pace should be at 100 - 110rpm

Concentrate on cadence. Make the brisk riding a constant effort so as to develop endurance.

WEDNESDAY - REST DAY

Rest

THURSDAY - CYCLING 1.5 HRS

20 mins warm up ride at 90- 100rpm. First Interval set: 10 X 1min effort in large gear (53X14/15) at 50 - 60 rpm. 1 min rest after each effort spinning a small gear (53 x 20/21) at 100rpm. 5 min resting ride then start 2nd set of 10 repetitions. Finish with warm down in low gear @ 90 - 100rpm

As well as recovery needs drink during this session particularly if using a turbo

FRIDAY - REST DAY

Rest

SATURDAY - CYCLING 2 HRS

A steady ride at 90-100 rpm. During the middle of ride complete four sets of 5 repetitions, riding 15secs hard and 45secs easy. Ride steadily for 5mins between sets. Aim for and hold 120 rpm in hard effort periods., but stay in the saddle

The interval riding will develop your speed and power.
Follow recovery routine.

SUNDAY - CYCLING 3.5 HRS

As last week a "sociable" group ride with club or friends. Try to avoid racing each other but do make efforts when going up hill

Try and think about gear choice and don't be tempted to try and push too big a gear. Maintain a cadence of 90- 100rpm.
If in doubt use the lower gear.

WEEK 8

MONDAY - REST DAY

Start to try energy drinks and food so as to know which brands suit you

TUESDAY - CYCLING 1 HR

Enjoy a nice easy ride, spinning the pedals
Try a different route for a change

WEDNESDAY - REST DAY

Rest

THURSDAY - CYCLING 1 HR 15 MINS

FTP Test Start with 10mins easy riding, then 3 x 1 min at 120 rpm, each followed by 1 min easy. Then 4mins easy followed by 5 min hard. Ride for 10 min Easy, then 20mins as hard possible.
10-15mins warm down

Involve your assistant to record the figures.
The numbers should have gone up

FRIDAY - REST DAY

Rest

SATURDAY - CYCLING 2.5 HRS

Nice steady ride without "pushing it" maintaining between 90 - 100rpm
Choose another new route. Ride with a friend of similar ability and ambition, so that you do "your" training not theirs!!

SUNDAY - CYCLING 3 HRS

Steady, as yesterday but include a short café stop if convenient
Choose a new route. Ride with that friend again, if possible

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

You should be able to RAISE the effort levels of brisk and steady following last week's FTP

TUESDAY - CYCLING 1.5 HRS

Warm up for 30 mins then ride at your brisk pace (95% of FT) for 9mins, 1 min easy, 7 min brisk, 1 min easy, 5 min brisk warm down. Brisk riding at 100 - 110rpm
Concentrate on pedalling /cadence. The brisk riding should still be constant, so as to develop endurance

WEDNESDAY - REST DAY

Rest

THURSDAY - CYCLING 1.5 HRS

Ride at steady tempo of 95 - 100rpm, but include a 10 min block at a brisk pace i.e. 100 - 110rpm in the last 30 mins.
Try to find an undulating route for this work out

Plan a more undulating route including some good climbs. If possible they should not be too steep but have gradual inclines to help maintain an even effort

FRIDAY - REST DAY

Rest

SATURDAY - CYCLING 3 HRS

Ride steady at 90 - 100 rpm. In the middle of the ride include four sets of 5 mins changing from 15 sec hard to 45 sec easy.
During the hard 15 secs stay seated in the saddle & aim to maintain 120rpm in the 15 sec bursts

Remember to follow recovery routine

SUNDAY - CYCLING 4 HRS

Steady pace at 95 - 100rpm, but include 3 X10 min efforts at a brisk pace trying to stay sat in the saddle and aiming to maintain a cadence of 120rpm during the ten minute effort
Ideally the efforts should be completed on flatter parts of your course. This will allow the efforts to remain as near constant as possible

WEEK 10

MONDAY - REST DAY

Check bike again and see what may be needed for the ride. Start to purchase needs now

TUESDAY - CYCLING 1.5 HRS

30mins warm up ride then ride at brisk pace (95% of FT) for 9mins, 1 min easy, 7 min brisk, 1 min easy, 5 min brisk warm down. Brisk riding at 100 - 110rpm

WEDNESDAY - REST DAY

Rest

THURSDAY - CYCLING 1.5 HRS

Steady tempo @ 95 - 100rpm include a 15 min block @ a brisk pace @100 -110rpm in the last 30 mins. Try to find an undulating route for this work out Use same route as last week so as to compare results

FRIDAY - REST DAY

Rest

SATURDAY - CYCLING 3 HRS

Steady riding at 90 - 100 rpm. In the middle of the ride include five sets of 5 mins changing from 15 sec hard to 45 sec easy. Staying seated during the hard 15 secs efforts and aiming to maintain 120rpm

SUNDAY - CYCLING 4 HRS

Steady pace at 95 - 100rpm add 3 X 12min efforts at a brisk pace staying sat in the saddle maintaining a cadence of 120rpm during effort Try to complete the efforts on a flattish part of the course. Ensure that the recovery process is followed religiously

NUTRITION TIP:

Practise your race day nutrition strategy on long runs. You'll find it easier to follow on race day

WEEK 11

MONDAY - REST DAY

Rest

TUESDAY - CYCLING 1.5 HRS

Warm up for 30 mins then ride at brisk pace (95% of FT) for 10mins, 1 min easy, 8 min brisk, 1 min easy, 6 min brisk then warm down. Brisk riding at 100 - 110rpm During brisk efforts ride consistently and concentrate on your cadence

WEDNESDAY - REST DAY

Rest

THURSDAY - CYCLING 1.5 HRS

Steady tempo at 95 - 100rpm including a 20 min block @ a brisk pace of 100 -110rpm in the last 30 mins. Try to Choose an undulating route for this work out

FRIDAY - REST DAY

Rest

SATURDAY - CYCLING 3 HRS

Steady riding at 90 - 100 rpm. In the middle of the ride include six sets of 5mins. In each set ride 15 sec hard then 45 sec easy five times. During the 15secs efforts stay seated in the saddle while maintain 120rpm

Don't forget your recovery routine following these interval sessions. This is most important at this stage

SUNDAY - CYCLING 4.5 HRS

Steady pace @ 95 - 100rpm During the ride include 3 X15 min efforts at a brisk pace while staying in the saddle, trying to maintain a cadence of 120rpm

Include a café stop if riding in company. On finishing ride, make sure that you follow your well practiced recovery routine

WEEK 12

MONDAY - REST DAY

Rest

TUESDAY - CYCLING 1 HR

A final FTP test. After 10mins easy 3 x 1 min at 120 rpm, 1 min easy between effort. 4Mins easy then 5 min HARD. 10 min easy, then 20mins as hard as possible. 10-15 min warm down. Phew!

Try to replicate conditions for the test. The turbo helps here. This test will prove the training and give you the confidence for the weekend

WEDNESDAY - REST DAY

Rest

THURSDAY - CYCLING 1 HR

Just enjoy a bike ride at an easy pace Start your preparation for the weekend. Buy or acquire anything still needed

FRIDAY - REST DAY

Rest

SATURDAY - CYCLING 1 HR

Another ride at an easy pace Give the bike a final pat and polish, to reassure yourself that all is working properly for tomorrow

SUNDAY - CYCLING

THE BIG DAY

Sit in the saddle and enjoy. Remember to pedal, not push and pace yourself

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.



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For beginner to pro

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