ULTRACICLISMO

GUIDES · NUTRITION

Bonking: avoid it, deal with it

Eat before you're hungry. Confusion or fainting? Call 112.

Key figures

+1 h
more riding before fatigue when taking carbs (Coyle 1986)

4 g
of glucose in all your blood; the liver tops it up (Murray 2018)

30–60 g
carbs per hour on long efforts (Burke 2011)

up to 90 g
per hour beyond 2.5 h, mixing carb types (Jeukendrup 2014)

What to carry so you don't blow up

- [ ] Food for each leg, plus a reserve
- [ ] Fast sugar in your pocket
- [ ] Something solid: bread, a sandwich
- [ ] Water and sources marked
- [ ] Alarm to eat
- [ ] Warm layer
- [ ] Charged phone (112)

Signs

Eating from the start, steady energy
Stick to the plan

Strong hunger, empty legs, bad mood, hard to focus
Stop, fast sugar, then solid food; ride easy

Dizziness, confusion, blurred vision, odd speech or no improvement
Don't carry on: get help, 112

Symptom → what it may be → what to do

SYMPTOM	MAY BE	WHAT TO DO
Hunger, empty legs, hours without food	Bonk	Fast sugar, then bread
Thirst, hours without drinking, heavy sweating	Dehydration	Drink and ease off
Heat, nausea, dizziness, cold pale skin	Heat exhaustion	Shade, sip water, damp cloths
Hot red skin, confusion, may not sweat	Heatstroke	112 now; cool down, no drinks
Cramps with heat and effort	Heat cramps	Stop, shade, water; doctor if >1 h

⚠ **Not just a bonk**
Confusion, odd speech or fainting: call 112. In heat with hot skin, suspect heatstroke. If you have diabetes or take medication, your doctor sets your plan.

General information for healthy people; not a substitute for a health professional. Sources: Coyle 1986, Murray & Rosenbloom 2018, Burke 2011, Jeukendrup 2014, MSD Manual, Spanish Ministry of Health.

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