ULTRACICLISMO

GUIDES · NUTRITION

Hourly fuel plan

What to eat and drink on a long ride

Your hourly numbers

30–60 g
carbs per hour (long effort)

up to 90 g
only over 2.5 h and with gut training

400–800 ml
fluid per hour, indicative; adjust to your sweat

20–30 min
how often to set the alarm

Resupply checklist

- [ ] Carbs worked out per leg
- [ ] Reserve for one extra leg
- [ ] Sweet, salty, and something that won't melt
- [ ] Water: refill points marked
- [ ] Everything tested in training
- [ ] 30 g portions in the quick-access bag

Warning signs

Steady energy, pale urine, appetite
Stick to the plan

Strong hunger, irritability, weak legs, thirst, dark urine
Eat and drink now, ease off

Dizziness, confusion, intense nausea, vomiting or cannot continue
Stop, find shade and help; 112 if it worsens

Light food

FOOD	CARBS/100 G	WEIGHT FOR ~30 G
Honey	82 g	~36 g
Raisins	80 g	~38 g
Salted pretzels	80 g	~37 g
Dates	75 g	~40 g
Dried apricots	63 g	~48 g
White bread	44 g	~68 g
Banana	23 g	~130 g

In the heat
Weigh yourself before and after a ride to learn your sweat rate. Avoid chocolate and bars that melt.

General information; not a substitute for a health professional. Sources: Burke 2011, Jeukendrup 2014, ACSM 2007, Armstrong 2021, USDA FoodData Central.