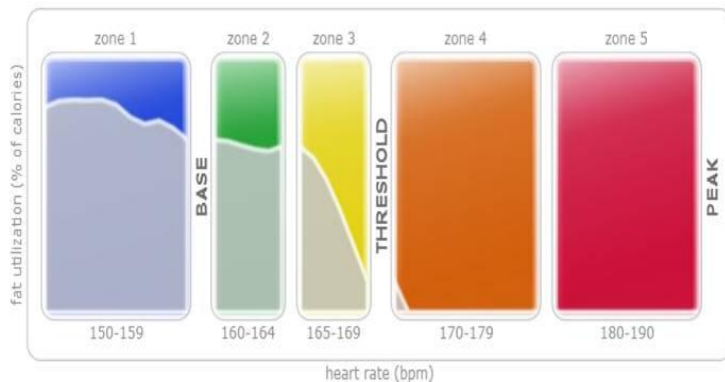


200-300K ENDURANCE CYCLING

- 1. Train your body to use fat as a fuel:** Build your aerobic Base: **Aerobic training:** 60 – 70 of peak vo2 **80% of time** (Zone1 and Zone 2) **20% of time spent at Threshold** : Zone 3 and Zone 4)

Know your 5 Zones: Get tested See me for info

- 2. Feed your body to use fat as a fuel:** Super starch like Ucan 1 gram of fat=9 calories, 1 gram of carb=4 calories. Goal: keep insulin level, eat less on the bike
- 3. Alternative Fuels:** Hammer Perpetum & Sustain Fuel, bars, bananas, etc
- 4. Hydrate:** It takes just an hour to recover from lack of food but it can take days to recover from dehydration!
- 5. Electrolytes & Calcium:** Hammer, Emergen-C, Calcium chews
- 6. Know your fitness levels:** If you can do 90 miles with elevation you can do a 200k. Don't start out too fast! Pace yourself. First time, aim to just to finish!
- 7. Week of the event:** Eat clean, high quality proteins, complex carbs lots of H2O, easy training days
- 8. Recover:** within 1 hour recovery shake like Fast Fuel, spin 10+ miles day after



For 20% Discounts: on Ucan, Fast Fuel Complete Protein & supplements: <http://shop.lifetimefitness.com>
Must set up autoship use code # 109329

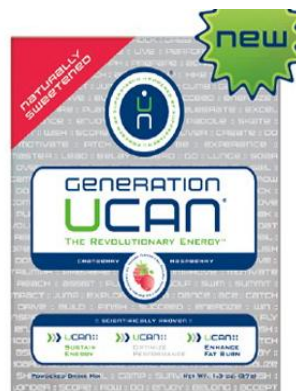
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**SUPERSTARCH :: A
REVOLUTIONARY
CARB**

- A CARB WITH NO CRASH
- A CARB WITH NO INSULIN SPIKE
- A CARB THAT ALLOWS FAT BURN
- A CARB THAT DOESN'T BOTHER THE STOMACH

Before and after workouts or athletic competitions

- For everyday energy and steady blood sugar
- As a meal replacement or healthy snack

