



Wellbeing Advices

A race like the Alps Epic requires rigorous preparation. Not just in terms of riding your bike but also off the bike, with a healthy lifestyle that will enable your body to cope with the demands of a solid week of racing. The Alps Epic route is extremely demanding and you'll need to be on top of your game as never before to really enjoy it all.

A good overall lifestyle comprises several elements :

- A varied and healthy diet
- Regular eating and sleeping habits
- Incorporation of rest into your routine
- Mental (as in psychological, not frenetic!) preparation

Needless to say your entire life wont be fine tuned and honed to ensure success to the level of a pro. Everyone has work and/or family life to balance with their sporting ambitions. That said, certain small gestures, performed on a daily basis, can reap great rewards during an event such as the Alps Epic.

When it comes to nutrition, forget rich Henry VIII style dining for now. It is time to keep your eye on a few essentials. Without going into too much depth, we'll deal with some general principals. Afterwards, everyone has their own pre-race rituals. You can adapt this advice to your own dietary routine. The main principle during an event like the Alps Epic is to increase your muscle glycogen storage capacity, like opting for a bigger fuel tank on your next car. However a nod to a shiny shoed car salesman wont do the trick - you'll need to earn the extra range the old fashioned way, with training. Afterwards you'll need to fill that big tank, and not with any old rubbish. During a marathon event, your muscles will use their stores of glycogen and so these reserves will need to be refilled. Here are some eating tips for the weeks to come :

- Fill up on carbs just after your base training sessions to aid synthesis and storage of muscle glycogen, ready for your next session.
- Your diet should be 55% carbohydrate-based during this period. Try to make these carbs low GI and work them into your three main meals: whole wheat pasta, whole grain rice, basmati rice, whole wheat and whole grain products in general along with pulses .



IN HAUTES
ALPES / FRANCE

YOUR EPIC EXPERIENCE.

03/09 JUILLET 2016 - 03/09TH JULY 2016

www.alpsepic.com



- Avoid cooked fats and fatty products such as chips, charcuterie etc. Prioritise non-saturated fats and oils.
- Also focus on high quality proteins to aid muscle fibre repair after training : fish, white meat and liver.

A little excess from time to time wont ruin your preparation, especially if it doesn't happen too often and less so as the race draws near. There's often a little goodness in badness so do remember to treat yourself from time to time !

The next important point to bear in mind when preparing for an MTB marathon is that of your daily routine, and routine really is the key word here. Go to bed on time, eat at the same times and even exercise at similar times, not too late so as too avoid having problems nodding off. This will help to get your body used to periods of activity and periods of rest and to really make the most of them. If your body is used to performing exercise at a certain time of day you'll find it much easier to get into your swing and you'll draw the maximum benefit from the session. The flip side is that if you switch between morning and evening sessions, make sure to give your body a little extra time to warm up and get going. Routine is even more important when it comes to sleep. Heading to bed at 10pm one night, midnight the next, even later the next and then early again will leave your body confused and it'll take longer to fall asleep, eating into your precious recovery.

The third important factor is regular periods of rest. We all have a tendency to want to train more, but watch out for over-training. It is important during this phase of training to work in 2-3 days of rest here and there to help recharge your batteries. The next sessions you do will have more effect than ever. In essence, if we never stop training then we recharge our batteries between sessions but never fully - a little power is lost each time. A total rest followed by more training is good for us and makes us stronger. There are also many psychological benefits to rest periods - you'll feel mentally fresh as well as physically fresh. We'll work more on this mental aspect later on - an event like the Alps Epic takes more than physical toughness, you'll need the whole package.

This advice is, to me, essential if you want to finish the event in the best shape possible. Try not to let the training become a burden though - having fun is the most important thing and that's certainly what you'll be doing on the Alps Epic! See you soon for an Epic adventure !

Guillaume
Alps Epic Racers Relation



IN HAUTES
ALPES / FRANCE

YOUR EPIC EXPERIENCE.

03/09 JUILLET 2016 - 03/09TH JULY 2016

www.alpsepic.com