

# Womens Cycling and Nutrition Guide

Tips & Expert Advice from the Pros

## Cycling Tips

Life in the Women's  
Pro Peloton

## Includes

12-week Beginner  
Training Plan

## Plus

An insider Q&A with  
Lizzie Armistead



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# Introduction

Start training with the Science in Sport Women's Cycling & Nutrition Guide, which provides essential tools and expert advice from the pro cycling Boels Dolmans Women's Peloton Team. In collaboration, ten team members have shared their training tips, kit bags, and nutrition advice, while a Q&A with London Olympics 2012 silver medallist, Lizzie Armistead, provides personal insight and tips for women and girls new to cycling.

Entering into the world of cycling can be exciting and exhilarating as you hit the open road with speed, tranquillity, and determination. With additional nutrition and recovery pointers and a beginner 12-week training plan, this guide will help you to the starting line.





# Meet the Boels-Dolmans Cycling Team



# Meet the Boels-Dolmans Cycling Team



## Lizzie Armistead

A team member since 2013, Lizzie Armistead is a British cyclist whose discipline is road racing and speciality is 'classics'. Her favourite race is the 'Tour of Flanders' and her best performance to date is the silver medal in road racing at the 2012 London Olympics!



## Ellen van Dijk

Ellen van Dijk is a Dutch cyclist who has been a Boels Dolmans team member since 2014. Her speciality is 'time trials' and her discipline road racing. Ellen's favourite race is also Tour of Flanders and her best performance to date is the World Champion Time Trials 2013.



## Evelyn Stevens

American cyclist Evelyn Stevens has been a team member since 2015 and her speciality includes 'all-rounder' and 'time-trialling', and discipline is road racing. Her favourite race is Flèche Wallonne, team time trials and best performance to date was victory in the Flèche Wallonne in 2012.



## Chantal Blaak

Joining the team in 2015, Chantal Blaak is a Dutch cyclist with the speciality 'spring' and disciplines road racing and time-trialling. Her favourite race is Tour of Flanders and best performance to date was a 2014 World Cup Victory in Sweden, the team time trial world champion.



## Amalie Dideriksen

A team member since 2015, Amalie Dideriksen is a Danish cyclist with discipline in road and track racing. Her best performances to date are 2013 and 2014 road racing world champion, and the 2014 scratch (track) world champion with the juniors.



# Meet the Boels-Dolmans Cycling Team



## Megan Guarnier

Megan Guarnier is an American cyclist with an 'all-rounder' speciality. A team member since 2014, Megan's discipline is road racing and her favourite race is the Spring Classics. Her best cycling performances to date are winner of the Giro della Toscana 2011 and American Champion 2012.



## Christine Majerus

A Luxembourgish cyclist, Christine Majerus has been a team member since 2014 with disciplines in road racing and cyclo-cross and a speciality as an 'all-rounder'. Her favourite race is Tour of Flanders and best performances to date are winning the Sparkassen Giro Bochum and competing in the 2012 London Olympics.



## Romy Kasper

Romy Kasper is a German cyclist who has been part of the team since 2013 with a discipline in road racing and a speciality of 'attacking' and 'racing on cobblestones'. Her favourite race is the Boels Rental Tour of Drenthe and her best cycling performances to date are 5th place in 2012 Team Time Trial World Championships, 3rd in German Road Racing Championships 2013, and Victory in Thüringen.



## Katarzyna Pawlowska

A team member since 2014, Kasia Pawlowska is a Polish cyclist with an 'all-rounder' speciality and disciplines in road and track racing. Her best performance to date is two-time world champion scratch racing.



## Demi de Jong

Demi de Jong is a Dutch cyclist with a speciality of 'time trials' and her discipline is road racing. A team member since 2014, her favourite races are time trials and hill-climbing races and her best performance to date is a bronze medal in the Time Trial World Championships in 2012 (women's juniors).

# Guide to Life in the Women's Pro Peloton



# Guide to Life in the Women's Pro Peloton



**What would you normally find in your kit bag?**

Normally you'd expect to have things like baby wipes, hand sanitizer, a stick of sun cream, some Chamois cream, a foam roller, and a pair of headphones. Marker pens are useful for marking drink bottles and numbers on your jersey. Also, you get things like REGO sachets, a meal replacement if you can't find anything healthy, and a plastic knife and fork, in case of food emergencies. We don't have huge coaches or massive amounts of storage space, so you need to learn to live from a rucksack when you're on the road for months at a time.



**Can you give us some professional tips about nutrition?**

Absolutely. As I mentioned before, always carry an emergency meal replacement like a REGO sachet, but the best thing is to find what works for you. Some people can nibble on a little bit of chocolate every few days, and that's enough to stop bingeing. Others find it easier to steer clear of the unhealthy food completely. Try finding alternatives, like low-fat hot chocolates or yogurt, or something with protein to fill you up better.



# Guide to Life in the Women's Pro Peloton



## How about some advice on kit and equipment?

Well the two main contact points on a bike are shoes and saddle, so they're important for comfort. Trying to push through the discomfort if your kit isn't helping could lead to potential long-term injury, which could set back your training. Try different bike fits until you find something that works for you, and remember comfort is more important than looks or price.



## What do you eat or drink before a race?

Normally something plain, without too much of an after-taste. Skip things like extra yogurt or meat, so you don't fill up before a maximum effort race like a time trial. Generally, you'd eat carbs, so pasta, rice, or couscous, with some olive oil, grated or cottage cheese, some ham or tuna, and possibly a small amount of salad. You could also have half a can of beans and half a can of tuna on toast, which is good for protein as well as being a bit of a home comfort – you don't often find baked beans out of the UK. Porridge, made half from water and half from milk with dried fruit and a little honey, is also a good shout.

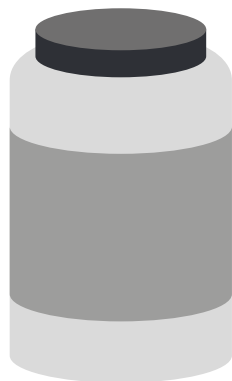


# Guide to Life in the Women's Pro Peloton



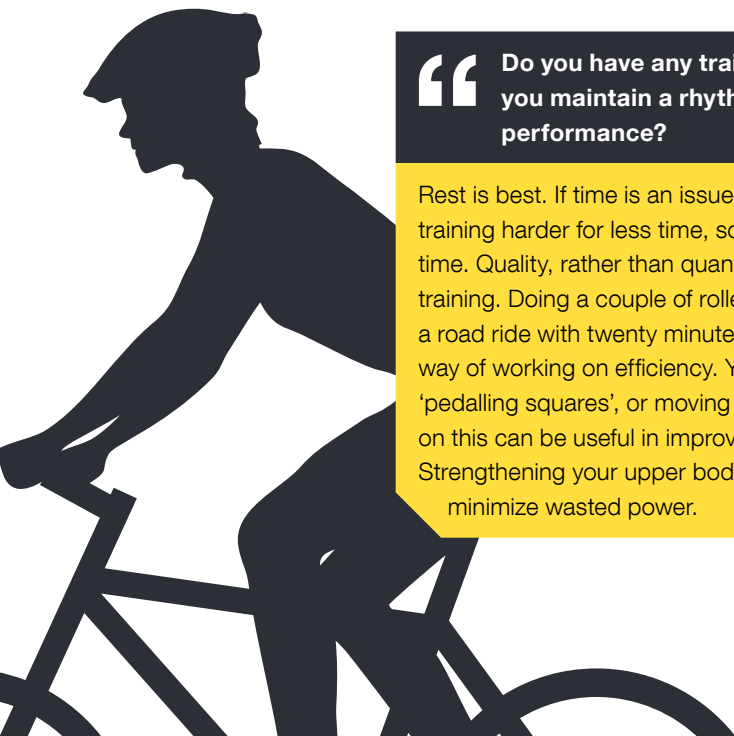
## How about post-training treats?

Something savoury or salty is normally nice – rice or corn cakes, with Parma ham, cream cheese or pesto. Natural yogurt with SiS Overnight Protein, roughly three parts yogurt to one part protein, works well, especially with chocolate and vanilla flavours – it's almost like a mousse, because of how the protein thickens the yogurt, it tastes great without adding sugar, and it's perfect before bed. Protein porridge is great too, made mostly with water but with a little milk, a couple scoops of whey protein and some raspberries, it gives you carbs and protein during a stage race.



## Do you have any training tips? How do you maintain a rhythm and maximise your performance?

Rest is best. If time is an issue, you're often better off training harder for less time, so you have enough recovery time. Quality, rather than quantity, is a better approach to training. Doing a couple of roller sessions a week or finishing a road ride with twenty minutes on the rollers can be a good way of working on efficiency. You lose a lot of power by 'pedalling squares', or moving your upper body, so working on this can be useful in improving your overall performance. Strengthening your upper body with core work also helps minimize wasted power.

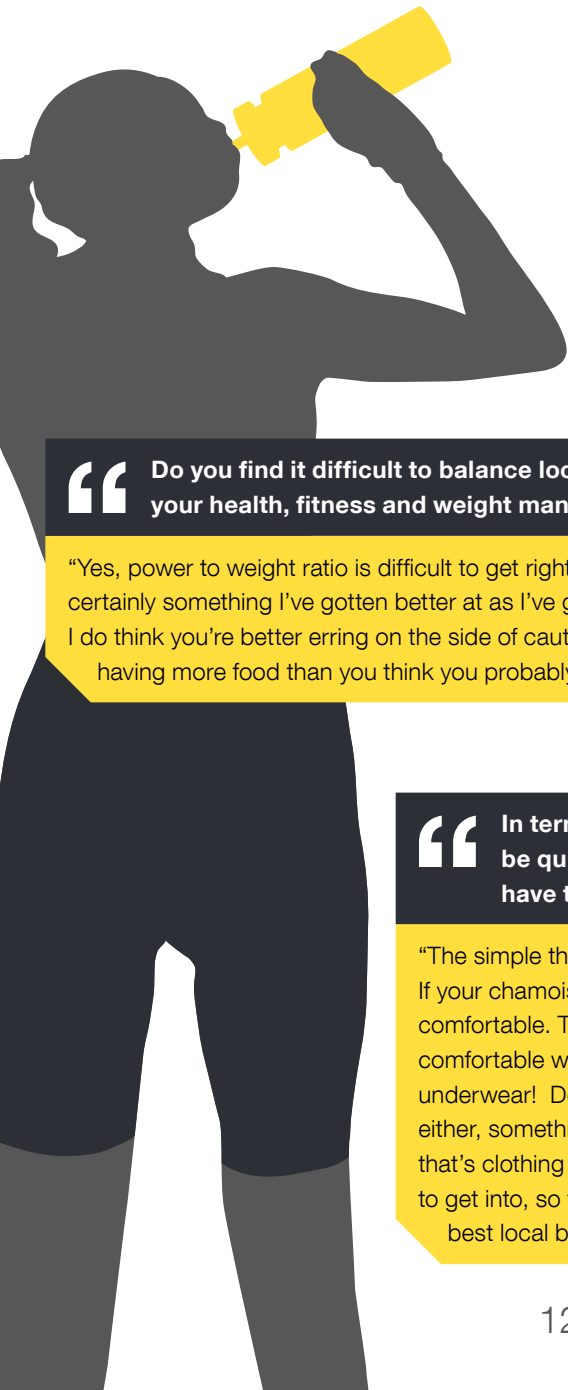


# Q&A with Lizzie Armistead





# Q&A with Lizzie Armistead



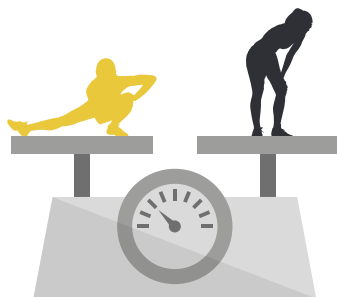
**Any tips for girls just getting into riding?"**

"I think the main thing is not to be scared of taking food out with you. Even if you're trying to lose weight, you'll enjoy your riding so much more if you fuel properly, and you're much more likely to get back out on your bike the next day."



**Do you find it difficult to balance looking after your health, fitness and weight management?**

"Yes, power to weight ratio is difficult to get right, and it's certainly something I've gotten better at as I've gotten older. I do think you're better erring on the side of caution and having more food than you think you probably need."



**In terms of general kit, the selection now can be quite overwhelming for new riders. Do you have tips on kit to never be without?**

"The simple things are making sure your shorts are tight. If your chamois can move around it's not going to be comfortable. They should be slightly tighter than you're comfortable wearing off the bike. Make sure you don't wear underwear! Don't think that you need the best of everything either, something that fits is far more important whether that's clothing or a bike. The sport can be quite intimidating to get into, so try and find a local club and get advice on the best local bike store, look at what other girls have etc."

# Q&A with Lizzie Armistead



**What's your favourite  
pre-ride breakfast?**

"I like porridge with a few additions such as whey protein, berries and honey. I've had the same breakfast for years now."



**What about your  
pre-racemeal the night before?**

"Depending on the quality of the hotel! I'll always try and have some fish (I don't eat meat), rice, and some vegetables. I often have a serving of muesli and yogurt as desert to keep my carb intake up."





# Ten Nutritional Tips to Get the Most Out of Cycling



# Ten Nutrition Tips to Get the Most Out of Cycling

## 1. Carbohydrate load before endurance rides

Boost your muscle glycogen stores by increasing overall carbohydrate intake in the 48 hours before a race or event lasting over 90 minutes. This delays the onset of fatigue and can prevent you from “hitting the wall”. To achieve this, increase carb portions at meal times (e.g. rice, potatoes, pasta, cereals), and add carb snacks (e.g. cereal bars, fruit) between meals, or drink carb fluids (SiS GO Energy) alongside meals.

## 2. Train as you race

Practice makes perfect. Testing nutrition strategies before race day is essential to ensure you are comfortable with your breakfast, confident at consuming food and fluid whilst cycling at speed, capable of digesting up to 60g of carbs per hour and aware of your sweat rates which influence fluid intake.



# Ten Nutrition Tips to Get the Most Out of Cycling

## 3. Consume a carbohydrate-based breakfast in the morning before training/racing

Liver glycogen stores decrease overnight, which is the main source for maintaining blood sugar level as you sleep. A carb breakfast around 2 hours before the start of an event tops up liver glycogen stores, helps ensure you are fully fuelled on the start line and leaves sufficient time for digestion.

## 4. Hydrate prior to the start

Try and drink 500ml-1000ml of fluid between when you wake up to when you begin your event. This helps you to be fully hydrated before the start. An electrolyte solution such as SiS GO Electrolyte or SiS GO Hydro increases fluid absorption and retention, preventing excessive urinary volume.



# Ten Nutrition Tips to Get the Most Out of Cycling

## 5. Caffeine intake before or during can provide a boost when it's most needed

Caffeine can benefit endurance performance through altering muscle metabolism and increasing mental alertness, giving an extra boost when it's needed most. It's important to try caffeine in training before a race to assess your own individual response.

## 6. Refuel at a steady rate, don't wait until you feel fatigued

Consuming carbohydrate using a little and often approach provides a steady supply of energy to the muscles and prevents gastrointestinal distress. A typical strategy is to consume energy bars during the less difficult parts of a race (flats) and gels during the tough parts (hills).





# Ten Nutrition Tips to Get the Most Out of Cycling

## 7. Aim for 60 grams carbohydrate per hour

Carbohydrate is the main energy source during moderate and high intensity exercise. Most people can utilise up to 60 grams per hour. This can be achieved through food sources, energy bars, gels and fluid depending on personal preference.

## 8. Rehydrate using an electrolyte drink

An electrolyte fluid replaces electrolytes lost through sweat, stimulating thirst and promoting fluid absorption and retention.



# Ten Nutrition Tips to Get the Most Out of Cycling

## 9. Don't underestimate the importance of recovery

Recovery post exercise is essential to replace the muscle glycogen used, stimulate muscle protein synthesis and replace lost electrolytes. SiS REGO Rapid Recovery is formulated with these goals in mind to aid training adaptations and recover ready for the next session.

## 10. Recovery starts immediately after exercise

Your metabolism is still lifted 30 minutes post exercise, and making the most of this the window of opportunity is very important. Use SiS REGO Rapid Recovery for a carbohydrate and protein combination following endurance sessions, or SiS Whey Protein following resistance-training sessions.



# Four Tips for Recovery to Get the Most from Your Training

# Four Tips for Recovery to Get the Most from Your Training

1.

## Never forget the 30-minute rule

Your metabolism stays lifted for around 30 minutes post-exercise, so make the most of this opportunity by replacing carbohydrates, protein and electrolytes. It'll optimise your recovery and provide your body with what it needs to make the adaptations you have stimulated during training. This could be done with "real food", such as chicken and white rice, or a full spectrum sports recovery product such as SiS REGO Rapid Recovery.



2.

## Always plan ahead

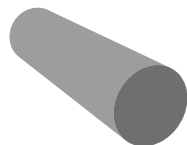
Pre-planning your meals or snacks after training ensures that you can hit the 30-minute window easily. If you commute to work without eating first thing in the morning, make sure you have some breakfast at work to avoid struggling with your concentration levels throughout the rest of the morning. Or have SiS REGO Rapid Recovery pre-mixed in your kitbag for when you finish at the gym or get back from a ride or run.



3.

## Use recovery tools sparingly

There's so much of the basics you can get right first. Whilst ice baths and compression clothing can be of great help around competition, using them consistently throughout training has been found to blunt the training response, as it removes some of the stimulus for adaptation. Stick to properly cooling down, with a good stretch routine and maybe some foam roller work to ease tight muscles.



4.

## Ensure you get a good quality night's sleep as often as possible

Most people need around eight hours, ideally undisturbed, so that your body is able to complete two sleep cycles. During sleep is when most of our growth and repair of tissues is done, including lean muscle tissue, so you won't optimally adapt to training without adequate sleep. SiS Overnight Protein can provide slow release protein to feed a steady stream of amino acids as you sleep.





# Training Plan: Tackling Your First Sportive



# Tackling Your First Sportive

## Week 1 Training Plan

| Monday  | Tuesday   | Wednesday   | Thursday    |
|---|---|---|-------------|
| <p>1 hour ride</p> <p>Steady paced ride - try not to get out of breath.<br/>Pedal @ 90-95rpm</p> <p>Hydrate with <b>SiS GO Hydro</b><br/>Have breakfast/dinner afterwards or <b>SiS REGO Rapid Recovery</b></p> | <p>Rest</p>   | <p>1 hour ride</p> <p>Steady paced ride - try not to get out of breath.<br/>Pedal @ 90-95rpm</p> <p>Hydrate with <b>SiS GO Hydro</b><br/>Have breakfast/dinner afterwards or <b>SiS REGO Rapid Recovery</b></p> | <p>Rest</p> |
| Friday  | Saturday  | Sunday  |             |
| <p>Rest</p>   | <p>1 hour ride</p> <p>Steady paced ride - try not to get out of breath.<br/>Pedal @ 90-95rpm</p> <p>Hydrate with <b>SiS GO Hydro</b><br/>Have breakfast/dinner afterwards or <b>SiS REGO Rapid Recovery</b></p> | <p>1 hour ride</p> <p>Steady paced ride - try not to get out of breath.<br/>Pedal @ 90-95rpm</p> <p>Hydrate with <b>SiS GO Hydro</b><br/>Have breakfast/dinner afterwards or <b>SiS REGO Rapid Recovery</b></p> |             |



# Tackling Your First Sportive

## Week 2 Training Plan

| Monday | Tuesday   | Wednesday | Thursday  |
|--------|---|-----------|---|
| Rest   | <p>1 hour ride</p> <p>Steady paced ride - try not to get out of breath.<br/>Pedal @ 90-95rpm</p> <p>Hydrate with <b>SiS GO Hydro</b><br/>Have breakfast/dinner afterwards or <b>SiS REGO Rapid Recovery</b></p> | Rest      | <p>1 hour ride</p> <p>20 mins warm up at a steady pace of 90-95 rpm<br/>- 5 mins brisk @ 110rpm - followed by 10 mins easy @ 80rpm - then 5 mins brisk @ 110 rpm - warm down for 20 mins to a steady pace @ 90 rpm</p> <p>Hydrate with <b>SiS GO Hydro</b><br/>Have breakfast/dinner afterwards or <b>SiS REGO Rapid Recovery</b></p> |

| Friday | Saturday  | Sunday  |
|--------|---|---|
| Rest   | <p>1 hour ride</p> <p>Steady paced ride - try not to get out of breath.<br/>Pedal @ 90-95rpm</p> <p>Hydrate with <b>SiS GO Hydro</b><br/>Have breakfast/dinner afterwards or <b>SiS REGO Rapid Recovery</b></p> | <p>1.5 hour ride</p> <p>Steady paced ride - try not to get out of breath.<br/>Pedal @ 90-95rpm</p> <p>Hydrate with <b>SiS GO Hydro</b><br/>Have breakfast/dinner afterwards or <b>SiS REGO Rapid Recovery</b></p> |

# Tackling Your First Sportive

## Week 3 Training Plan

| Monday | Tuesday   | Wednesday | Thursday  |
|--------|---|-----------|---|
| Rest   | <p>1 hour ride</p> <p>Steady paced ride - try not to get out of breath.<br/>Pedal @ 90-95rpm</p> <p>Hydrate with <b>SiS GO Hydro</b><br/>Have breakfast/dinner afterwards or <b>SiS REGO Rapid Recovery</b></p> | Rest      | <p>1 hour ride</p> <p>20 mins warm up at a steady pace of 90-95 rpm<br/>- 5 mins brisk @ 110rpm - followed by 10 mins easy @ 80rpm - then 5 mins brisk @ 110 rpm - warm down for 20 mins to a steady pace @ 90 rpm</p> <p>Hydrate with <b>SiS GO Hydro</b><br/>Have breakfast/dinner afterwards or <b>SiS REGO Rapid Recovery</b></p> |

| Friday | Saturday  | Sunday  |
|--------|---|---|
| Rest   | <p>1 - 1.5 hour ride</p> <p>Steady paced ride - try not to get out of breath.<br/>Pedal @ 90-95rpm</p> <p>Hydrate with <b>SiS GO Hydro</b><br/>Have breakfast/dinner afterwards or <b>SiS REGO Rapid Recovery</b></p> | <p>1.5 - 2 hour ride</p> <p>Steady paced ride - try not to get out of breath.<br/>Pedal @ 90-95rpm</p> <p>Hydrate with <b>SiS GO Hydro</b><br/>Have breakfast/dinner afterwards or <b>SiS REGO Rapid Recovery</b></p> |



# Tackling Your First Sportive

## Week 4 Training Plan

| Monday | Tuesday   | Wednesday   | Thursday  |
|--------|---|---|---|
| Rest   | <p>1 hour ride</p> <p>Steady paced ride - try not to get out of breath.<br/>Pedal @ 90-95rpm</p> <p>Hydrate with <b>SiS GO Hydro</b><br/>Have breakfast/dinner afterwards or <b>SiS REGO Rapid Recovery</b></p>       | Rest  | <p>1 hour ride</p> <p>Steady paced ride - try not to get out of breath.<br/>Pedal @ 90-95rpm</p> <p>Hydrate with <b>SiS GO Hydro</b><br/>Have breakfast/dinner afterwards or <b>SiS REGO Rapid Recovery</b></p> |
| Friday | Saturday  | Sunday  |   |
| Rest   | <p>1 - 1.5 hour ride</p> <p>Steady paced ride - try not to get out of breath.<br/>Pedal @ 90-95rpm</p> <p>Hydrate with <b>SiS GO Hydro</b><br/>Have breakfast/dinner afterwards or <b>SiS REGO Rapid Recovery</b></p> | <p>1 - 1.5 hour ride</p> <p>Steady paced ride - try not to get out of breath.<br/>Pedal @ 90-95rpm</p> <p>Hydrate with <b>SiS GO Hydro</b><br/>Have breakfast/dinner afterwards or <b>SiS REGO Rapid Recovery</b></p> |   |

# Tackling Your First Sportive

## Week 5 Training Plan

| Monday | Tuesday   | Wednesday | Thursday  |
|--------|---|-----------|---|
| Rest   | <p>1 hour ride</p> <p>Steady paced ride - try not to get out of breath.<br/>Pedal @ 90-95rpm</p> <p>Hydrate with <b>SiS GO Hydro</b><br/>Have breakfast/dinner afterwards or <b>SiS REGO Rapid Recovery</b></p> | Rest      | <p>1 hour ride</p> <p>20 mins warm up at a steady pace of 90-95 rpm<br/>- 5 mins brisk @ 110rpm - followed by 10 mins easy @ 80rpm - then 5 mins brisk @ 110 rpm - warm down for 20 mins to a steady pace @ 90 rpm</p> <p>Hydrate with <b>SiS GO Hydro</b><br/>Have breakfast/dinner afterwards or <b>SiS REGO Rapid Recovery</b></p> |

| Friday | Saturday  | Sunday  |
|--------|---|---|
| Rest   | <p>2 hour ride</p> <p>Steady paced ride - try not to get out of breath.<br/>Pedal @ 90-95rpm</p> <p>Hydrate with <b>SiS GO Hydro</b><br/>Have breakfast/dinner afterwards or <b>SiS REGO Rapid Recovery</b></p> | <p>2 hour ride</p> <p>Steady paced ride @ 95-100 rpm. Try some efforts on the hills - keep pedalling over the top</p> |

# Tackling Your First Sportive

## Week 6 Training Plan

| Monday | Tuesday   | Wednesday | Thursday  |
|--------|---|-----------|---|
| Rest   | <p>1 hour ride</p> <p>Steady paced ride - try not to get out of breath.<br/>Pedal @ 90-95rpm</p> <p>Hydrate with <b>SiS GO Hydro</b><br/>Have breakfast/dinner afterwards or <b>SiS REGO Rapid Recovery</b></p> | Rest      | <p>1.5 hour ride</p> <p>20 mins warm up at a steady pace of 90 - 95rpm - 5 mins brisk @110 rpm followed by, 10 mins easy @ 80rpm, then 5 mins brisk @110 rpm, then 10 mins easy @ 80 rpm, 5 mins brisk @ 110rpm, and finally warm down for 20 mins steady @ 90 rpm</p> <p>Hydrate with <b>SiS GO Hydro</b><br/>Have breakfast/dinner afterwards or <b>SiS REGO Rapid Recovery</b></p> |

| Friday | Saturday  | Sunday   |
|--------|---|--|
| Rest   | <p>2 hour ride</p> <p>Steady paced ride - try not to get out of breath.<br/>Pedal @ 90-95rpm</p> <p>Hydrate with <b>SiS GO Hydro</b><br/>Have breakfast/dinner afterwards or <b>SiS REGO Rapid Recovery</b></p> | <p>2 hour ride</p> <p>Steady paced ride @ 95-100 rpm. Try some efforts on the hills - keep pedalling over the top.</p> |



# Tackling Your First Sportive

## Week 7 Training Plan

| Monday | Tuesday   | Wednesday   | Thursday   |
|--------|---|---|--|
| Rest   | <p>1 hour ride</p> <p>Steady paced ride - try not to get out of breath.<br/>Pedal @ 90-95rpm</p> <p>Hydrate with <b>SiS GO Hydro</b></p> <p>Have breakfast/dinner afterwards or <b>SiS REGO Rapid Recovery</b></p>  | Rest  | <p>1.5 hour ride</p> <p>20 mins warm up at a steady pace of 90 - 95rpm - 5 mins brisk @110 rpm followed by, 8 mins easy @ 80rpm, then 5 mins brisk @110 rpm, then 8 mins easy @ 80 rpm, 5 mins brisk @ 110rpm, and finally warm down for 20 mins steady @ 90 rpm</p> <p>Hydrate with <b>SiS GO Electrolyte</b></p> <p>Have breakfast/dinner afterwards or <b>SiS REGO Rapid Recovery</b></p> |
| Friday | Saturday  | Sunday  |  |
| Rest   | <p>2 - 2.5 hour ride</p> <p>Steady paced ride - try not to get out of breath.<br/>Pedal @ 90-95rpm<br/>Aim for 60g of carbohydrate per hour, e.g. 1 x <b>SiS GO Energy gel</b> or 1 x <b>SiS GO Energy Mini bar</b> + 500ml <b>SiS GO Electrolyte</b> + water as required per hour</p> <p><b>SiS REGO Rapid Recovery</b> within 30 minutes afterwards, then meal within 2 hrs</p> | <p>3 hour ride</p> <p>Steady paced ride - try not to get out of breath.<br/>Pedal @ 90-95rpm<br/>Aim for 60g of carbohydrate per hour, e.g. 1 x <b>SiS GO Energy gel</b> or 1 x <b>SiS GO Energy Mini bar</b> + 500ml <b>SiS GO Electrolyte</b> + water as required per hour</p> <p><b>SiS REGO Rapid Recovery</b> within 30 minutes afterwards, then meal within 2 hrs</p> |  |



# Tackling Your First Sportive

## Week 8 Training Plan

| Monday | Tuesday   | Wednesday | Thursday   |
|--------|---|-----------|--|
| Rest   | <p>1.5 hour ride</p> <p>Steady paced ride - try not to get out of breath.<br/>Pedal @ 90-95rpm</p> <p>Hydrate with <b>SiS GO Hydro</b><br/>Have breakfast/dinner afterwards or <b>SiS REGO Rapid Recovery</b></p> | Rest      | <p>1 - 1.5 hour ride</p> <p>Relax and enjoy.<br/>Practice using bottle while riding and taking energy bars out of back pocket</p> <p>Hydrate with <b>SiS GO Hydro</b><br/>Have breakfast/dinner afterwards or <b>SiS REGO Rapid Recovery</b></p> |

| Friday | Saturday | Sunday  |
|--------|----------|---|
| Rest   | Rest     | <p>3.5 hour ride</p> <p>Steady paced ride - try not to get out of breath.<br/>Pedal @ 90-95rpm<br/>Aim for 60g of carbohydrate per hour, e.g. 1 x <b>SiS GO Energy gel</b> or 1 x <b>SiS GO Energy Mini bar</b> + 500ml <b>SiS GO Electrolyte</b> + water as required per hour</p> <p><b>SiS REGO Rapid Recovery</b> within 30 minutes afterwards, then meal within 2 hrs</p> |

# Tackling Your First Sportive

## Week 9 Training Plan

| Monday | Tuesday  | Wednesday  | Thursday   |
|--------|--|--|--|
| Rest   | <p>1.5 hour ride</p> <p>Steady pace, Increase your cadence up the hills, sitting in saddle as long as possible</p> <p>Hydrate with <b>SiS GO Hydro</b></p> <p>Have breakfast/dinner afterwards or <b>SiS REGO Rapid Recovery</b></p>   | Rest   | <p>1.5 hour ride</p> <p>20 mins warm up at a steady pace of 90 - 95rpm - 5 mins brisk @110 rpm followed by, 8 mins easy @ 80rpm, then 5 mins brisk @110 rpm, then 8 mins easy @ 80 rpm, 5 mins brisk @ 110rpm, 8 mins easy @ 80 rpm, 5 mins brisk @ 110rpm and finally warm down for 20 mins steady @ 90 rpm</p> <p>Hydrate with <b>SiS GO Electrolyte</b></p> <p>Have breakfast/dinner afterwards or <b>SiS REGO Rapid Recovery</b></p> |
| Friday | Saturday   | Sunday   |  |
| Rest   | <p>2 hour ride</p> <p>Steady paced ride - try not to get out of breath. Pedal @ 90-95rpm</p> <p>Aim for 60g of carbohydrate per hour, e.g. 1 x <b>SiS GO Energy gel</b> or 1 x <b>SiS GO Energy Mini bar</b> + 500ml <b>SiS GO Electrolyte</b> + water as required per hour</p> <p><b>SiS REGO Rapid Recovery</b> within 30 minutes afterwards, then meal within 2 hrs</p> | <p>4 hour ride</p> <p>Steady paced ride - try not to get out of breath. Pedal @ 90-95rpm</p> <p>Aim for 60g of carbohydrate per hour, e.g. 1 x <b>SiS GO Energy gel</b> or 1 x <b>SiS GO Energy Mini bar</b> + 500ml <b>SiS GO Electrolyte</b> + water as required per hour</p> <p><b>SiS REGO Rapid Recovery</b> within 30 minutes afterwards, then meal within 2 hrs</p> |  |

# Tackling Your First Sportive

## Week 10 Training Plan

| Monday | Tuesday   | Wednesday  | Thursday   |
|--------|---|--|--|
| Rest   | <p>1.5 hour ride</p> <p>Steady paced ride - try not to get out of breath.<br/>Pedal @ 90-95rpm</p> <p>Hydrate with <b>SiS GO Hydro</b></p> <p>Have breakfast/dinner afterwards or <b>SiS REGO Rapid Recovery</b></p>  | Rest   | <p>1.5 hour ride</p> <p>20 mins warm up at a steady pace of 90 - 95rpm - 5 mins brisk @110 rpm followed by, 8 mins easy @ 80rpm, then 5 mins brisk @110 rpm, then 8 mins easy @ 80 rpm, 5 mins brisk @ 110rpm, 8 mins easy @ 80 rpm, 5 mins brisk @ 110rpm and finally warm down for 20 mins steady @ 90 rpm</p> <p>Hydrate with <b>SiS GO Electrolyte</b></p> <p>Have breakfast/dinner afterwards or <b>SiS REGO Rapid Recovery</b></p> |
| Friday | Saturday  | Sunday   |  |
| Rest   | <p>3 hour ride</p> <p>Steady pace, keep your cadence high, concentrate on climbing smoothly.<br/>Aim for 60g of carbohydrate per hour, e.g. 1 x <b>SiS GO Energy gel</b> or 1 x <b>SiS GO Energy Mini bar</b> + 500ml <b>SiS GO Electrolyte</b> + water as required per hour</p> <p><b>SiS REGO Rapid Recovery</b> within 30 minutes afterwards, then meal within 2 hrs</p> | <p>4 hour ride</p> <p>Steady paced ride - try not to get out of breath.<br/>Pedal @ 90-95rpm</p> <p>Aim for 60g of carbohydrate per hour, e.g. 1 x <b>SiS GO Energy gel</b> or 1 x <b>SiS GO Energy Mini bar</b> + 500ml <b>SiS GO Electrolyte</b> + water as required per hour</p> <p><b>SiS REGO Rapid Recovery</b> within 30 minutes afterwards, then meal within 2 hrs</p> |  |



# Tackling Your First Sportive

## Week 11 Training Plan

| Monday | Tuesday   | Wednesday  | Thursday   |
|--------|---|--|--|
| Rest   | <p>1.5 hour ride</p> <p>Steady pace ride - increase effort by pedalling faster not by using a bigger gear</p> <p>Hydrate with <b>SiS GO Hydro</b></p> <p>Have breakfast/dinner afterwards or <b>SiS REGO Rapid Recovery</b></p>   | Rest   | <p>1.5 hour ride</p> <p>20 mins warm up at a steady pace of 90 - 95rpm - 5 mins brisk @110 rpm followed by, 8 mins easy @ 80rpm, then 5 mins brisk @110 rpm, then 8 mins easy @ 80 rpm, 5 mins brisk @ 110rpm, 8 mins easy @ 80 rpm, 5 mins brisk @ 110rpm and finally warm down for 20 mins steady @ 90 rpm</p> <p>Hydrate with <b>SiS GO Electrolyte</b></p> <p>Have breakfast/dinner afterwards or <b>SiS REGO Rapid Recovery</b></p> |
| Friday | Saturday  | Sunday   |  |
| Rest   | <p>3 hour ride</p> <p>Steady pace, keep cadence high.</p> <p>Aim for 60g of carbohydrate per hour, e.g. 1 x <b>SiS GO Energy gel</b> or 1 x <b>SiS GO Energy Mini bar</b> + 500ml <b>SiS GO Electrolyte</b> + water as required per hour</p> <p><b>SiS REGO Rapid Recovery</b> within 30 minutes afterwards, then meal within 2 hrs</p> | <p>4.5 hour ride</p> <p>Ride with group. Have one tea stop. Keep cadence high. Keep going over the hills</p> <p>Aim for 60g of carbohydrate per hour, e.g. 1 x <b>SiS GO Energy gel</b> or 1 x <b>SiS GO Energy Mini bar</b> + 500ml <b>SiS GO Electrolyte</b> + water as required per hour</p> <p><b>SiS REGO Rapid Recovery</b> within 30 minutes afterwards, then meal within 2 hrs</p> |  |



# Tackling Your First Sportive

## Week 12 Training Plan

| Monday | Tuesday   | Wednesday | Thursday   |
|--------|---|-----------|--|
| Rest   | <p>1 hour ride</p> <p>Steady pace. Keep cadence high.</p> <p>Hydrate with <b>SiS GO Hydro</b></p> <p>Have breakfast/dinner afterwards or <b>SiS REGO Rapid Recovery</b></p> | Rest      | <p>1.5 hour ride</p> <p>Steady pace, throw in a few sprints up the hills to break up ride.</p> <p>Hydrate with <b>SiS GO Electrolyte</b></p> <p>Have breakfast/dinner afterwards or <b>SiS REGO Rapid Recovery</b></p> |

| Friday   | Saturday   | Sunday   |
|--|--|--|
| <p>Rest</p> <p>See further articles on carb loading for diet recommendations</p> | <p>1 hour ride</p> <p>Have a nice light spin. Enjoy a bike ride at an easy pace.</p> <p>Hydrate with <b>SiS GO Hydro</b></p> <p>Have breakfast/dinner afterwards or <b>SiS REGO Rapid Recovery</b></p> | <p><b>Sportive Event Day</b></p> <p>Have breakfast 2-3 hrs before.</p> <p>Aim for 60g of carbohydrate per hour, e.g. 1 x <b>SiS GO Energy gel</b> or 1 x <b>SiS GO Energy Mini bar</b> + 500ml <b>SiS GO Electrolyte</b> + water as required per hour</p> <p><b>SiS REGO Rapid Recovery</b> within 30 minutes afterwards, then meal within 2 hrs.</p> <p>Take a serving of <b>SiS Overnight Protein</b> before bed to aid recovery</p> |

# Summary

From food to kit, we hope our guide has provided some of the basics of women's cycling to help you **start riding**, training, and racing.

**Cycling nutrition** is essential for energy and recovery, both when training and during a race. Knowing when and what to take in can help improve performance and reach your goals. Browse a range of sports nutrition items, such as **cycling gels**, **cycling bars**, and **cycling drinks**, to find the perfect combination for you.

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