

LEPPIN NUTRITION TRAINING TIP No. 1

Nutrition is the key to racing and training well, just like your car; if you fuel your body right then you will get better performance out of it. As your training rides or runs get longer you need to make sure you are eating and drinking enough.

Your main source of fuel/food during a ride/run should be carbohydrate, which you can get in the form of sports drinks or Leppin Squeezies (amongst other things). To figure out how much you need to eat try the following guideline:

- Firstly weigh yourself.
- For every kg of body weight you need 1 gram of carbohydrate per hour. e.g. 75 kg = 75g carbohydrate.

A normal Leppin Squeezeie contains 25g complex carbohydrate, which means a 75 kg person would need to take three Leppin Squeezeies per hour to get the right amount of carbohydrate.

For every Squeezeie you take you need to drink 250ml plain water (NOT sports drink), so that means a 75 kg person needs to drink 750ml per hour.

Another way to get carbohydrates is to use a sports drink such as Leppin Endurobooster, which provides you with 19g of carbohydrates per 250ml. So a 75kg athlete could take one Squeezeie per hour and then drink three quarters of a bottle of Leppin Endurobooster and they would be getting the right amount of carbohydrates to fuel them to the finish line.