

TOP TIPS TO AVOID BONKING AND KEEP FROM BLOWING UP



KNOW YOUR PACE

Know what pace you are capable of holding for any period of time to avoid bonking. The idea is at the start of the event for the effort level to feel controlled and relatively easy. As you progress through the event, your effort level will increase to hold your pace. At the end of your event, the effort level will be extremely high to maintain your initial start pace. Even splits or negative splits are how you PR.

KNOW HOW TO FUEL PROPERLY



Know the calorie needs for the distance you are doing. If you are doing a short event (less than 45 minutes) you will not need anything more than water during your event. Your body will have enough energy from your previous night's meal and your morning breakfast to get you through. Chances are on the shorter events you will be moving faster and having a bunch of food in your stomach is counterproductive to going fast.

KNOW WHEN TO REFUEL



If your event is longer than 45 minutes, this is when you need to start thinking about fueling for success. In general, depending on your height, weight, sport, and effort level, you will burn between 10 to 25 calories per minute. The goal is to time your calorie intake throughout your event so that you are just keeping the tank full enough to avoid bonking and running out of energy. Another rule is that you want to consume the calories before you need them. My rule of thumb is that I take in a few calories every 15 minutes starting at the 30-minute mark for any event over 1 hour. Remember you are balancing your intake with what was in your tank when you started.

THINGS TO CONSIDER PER SPORT



SWIMMING

Not an ideal time to take in calories. Plan for calorie intake before and early on the bike to make up.



BIKE

Cycling is built for fueling. You have bottle cages on your bike, the right choice in your race clothing will have pockets for holding gels and other forms of nutrition.



RUN

Run - A good pocket in your run shorts, shirt, or a SpiBelt is perfect for holding a couple of gels for your run. A small handheld water bottle can also come in handy if you are needing a little water to wash down your gel or stay hydrated.

Always take advantage of aid stations during races.

