

24 Hours | London to Paris | 17-18 May | 2024

DUCHENNE DASH



Duchenne
UK

12th Edition

NUTRITION GUIDE 2023



How to FUEL a long bike ride for optimum results

The Duchenne Dash is Duchenne UK's signature cycling event. This London to Paris ride covers a whopping 300KM in just 24hrs.

We want to provide you with as much support as possible to take on this once in a lifetime opportunity and raise money to help us in our mission to end Duchenne. So, we've partnered with long-term Dash sponsors, FUEL10K to bring you a comprehensive nutrition guide, providing you with all the info you need on how to FUEL your ride for optimum results.

British brand FUEL10K was founded with a mission to make breakfast better. Their product range includes their yummy Vegan Granolas, Protein Boosted Porridge, delicious Breakfast Drinks, as well as Oat Bars and Oat Cookies. Our Dashers will get a chance to sample some of this delicious range before and during the ride.

Some words of advice from: Finn Crockett, Professional Cyclist and Commonwealth Medallist;

'Whether a social or competitive cyclist, fuelling strategies can often be quite overcomplicated and difficult to follow. My simple rule of thumb on the bike is to eat every 20 minutes from the start, anything from a banana or a bar or a gel. It may seem over the top, but believe me by hour six you'll be thanking yourself. Its' also very important to continue hydrating throughout. I like to drink around a bottle an hour, with either electrolytes or carbs, but when it hots up, this normally doubles so make sure you adapt accordingly. Before any of this, you must test new food or drinks products before the event, the last thing you want is an upset stomach!'

Nutrition Guide

You may have the speed and stamina, but if you aren't fuelling your long-distance rides, you could be hindering your progress more than you realise. Even the best riders only have enough glycogen stored for a couple of hours of hard cycling, and it's vital these get replaced or you will become exhausted.

We've done all the research, so you don't have to. This nutrition guide is packed with helpful information on what to eat (and drink) before, during and after a long ride, so your ride to Paris is as enjoyable as possible.

Pre-event

What should I eat the night before?

It all starts with what you eat the night before the ride. If you've ever needed an excuse for a huge dinner, this is it. You need to be eating as many carbohydrates in this meal as possible (ever heard of the phrase carb-loading?) as this will give you a higher glycogen level for the next day.



Ideas include pasta with vegetables and garlic bread, but don't forget dessert! Follow dinner with fruit and something sweet like a FUEL10K Double Chocolate Muffin. It's boosted with protein and high in carbohydrates too.

When should I eat breakfast?

On the day of the ride, try to eat around two hours before you set off. This gives your body time to digest the food and won't leave you exhausted. Your position on the bike means it's easier to eat food closer, but it's all about what works for you. You might need to try a few different timings for maximum results.

What do I eat before my ride?

You want this to be a high carbohydrate with some protein for long-distance. A great breakfast idea includes FUEL10K granola with oat milk and banana or berries. Make sure you pile up the bowl! You want the focus to be on the carbohydrate but make sure the food you pick makes you feel comfortable, and don't cause any gastrointestinal symptoms.

A nutritious, high protein, high energy lunch will be served at Herne Hill before our departure, this normally consists of some protein (chicken, or alternative), and a brown rice salad with other veggies.

During the event

How often should I eat while riding?

If you love snacking as much as us, you will love this! Your carbohydrate intake needs to be planned carefully, having around 30-60 grams of carbs EVERY hour. It may seem like a lot, but 40g can be met by simply having a banana, some sweets or a FUEL10K oat bar with a carbohydrate gel. Any excuse to eat more food, right?

But won't this make me feel full?

Making sure your foods have a high glucose content is important to avoid discomfort and nausea while riding. Where possible, try to include some carbohydrate-electrolyte sports drinks in addition to food as it will stop this feeling.

Rest stops en route

Rest stops are scheduled approximately every 50KMs along the Dash route, and these stops are well stocked with a wide variety of sweet and savoury snacks, fruit, hot coffee and much more. Furthermore, real food (proper meals) will be offered as follows:

UK route (approx. 95KM)

- 55KM (approx.): Rest stop with snacks and hot coffee
- 95KM (approx.): A hot dinner (real food) in Newhaven prior to boarding the ferry



French route (approx. 200KM)

In Newhaven you'll be given a Fuel10K breakfast bag which will be packed full of goodies to enjoy when you wake up and before we set off again.

- 35KM (approx.): Rest stop with snacks and hot coffee
- 85KM (approx): A continental breakfast
- 110KM (approx.): Rest stop with snacks and hot coffee
- 160KM (approx.): Lunch consisting of a baguette, patisserie, fruit

Post-ride recovery

When should I be eating after my cycle?

You're finally finished! Making sure you eat within an hour of getting off the bike is vital, as after training your body needs nutrients for repairing muscles. They've just worked extremely hard after all...

In Paris

Upon arrival in Paris, a celebratory gala dinner will be held at the hotel and here a 3-course meal (with a bit of wine) will be served, which might be the best meal you have ever eaten!

What should I eat after the ride is finished?

It can be common for some people not to be hungry post-event, so drinking fluids that contain both carbohydrates and protein could be the way to replenish easily (and quickly).

Each FUEL10K Breakfast Drink contains a whopping 15g of protein, 19g of carbohydrates and an added vitamin mix.

Wherever you place, your body has been pushed to the extreme. It's important to ensure you rest properly, hydrate with plenty of water and eat a balanced diet following any event. Use it as an excuse to relax the next day! But try going on a gentle walk to maintain mobility and do a stretch session or light yoga to promote recovery.

In 2021, FUEL10K were thrilled to achieve B Corp status last year, a testament to their mission to make breakfast better whilst also doing more for people and the environment. For more information and to check out the full Fuel10K range, visit: <https://fuel10k.com>

Are protein and carbohydrates both important?

Both are critical for recovery.

Carbohydrates are the body's main fuel. With limited stores, these need to be replaced for your body to function effectively.



Protein is vital for the growth and repair of muscle tissue. Exercise can cause the breakdown of the muscle tissue when they are overloaded, so making sure you have a sufficient source. Post-workout, it can reduce muscle soreness the next day. Try hitting 20g of protein to optimise your recovery.

Sources

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