

Sport Nutrition for Cycling

Abdullah F. Alghannam, Ph.D., FACN, FRSPH

Consultant Physiotherapist

Head of Lifestyle & Health Research Center

Health Sciences Research Center (HSRC)

Princess Nourah University (PNU)

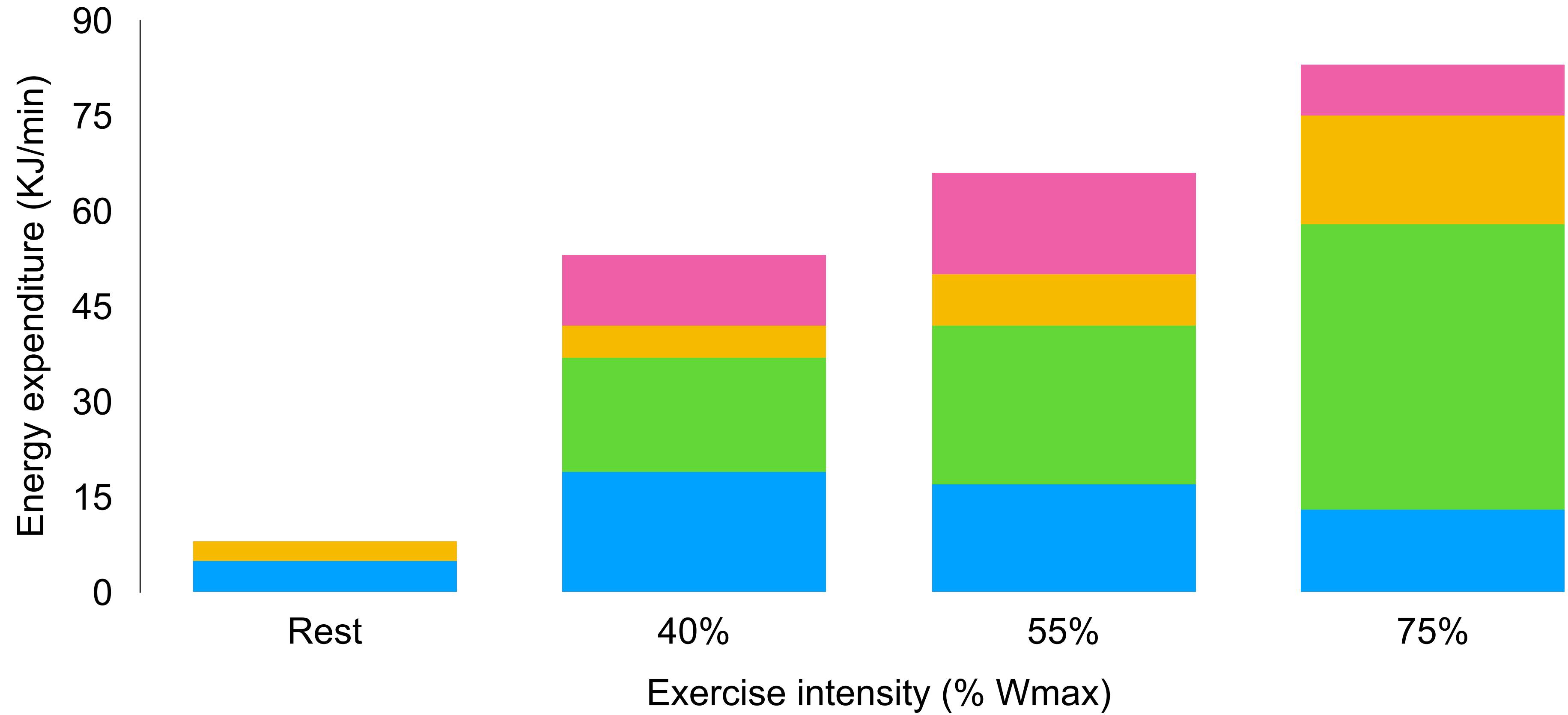
“After natural talent and appropriate training, an **adequate diet** is known to be the next most important element for enhancing training and performance of sports people”



–*Professor Clyde Williams*
Diet and Sports Performance
Oxford Textbook of Sports Medicine (1996)

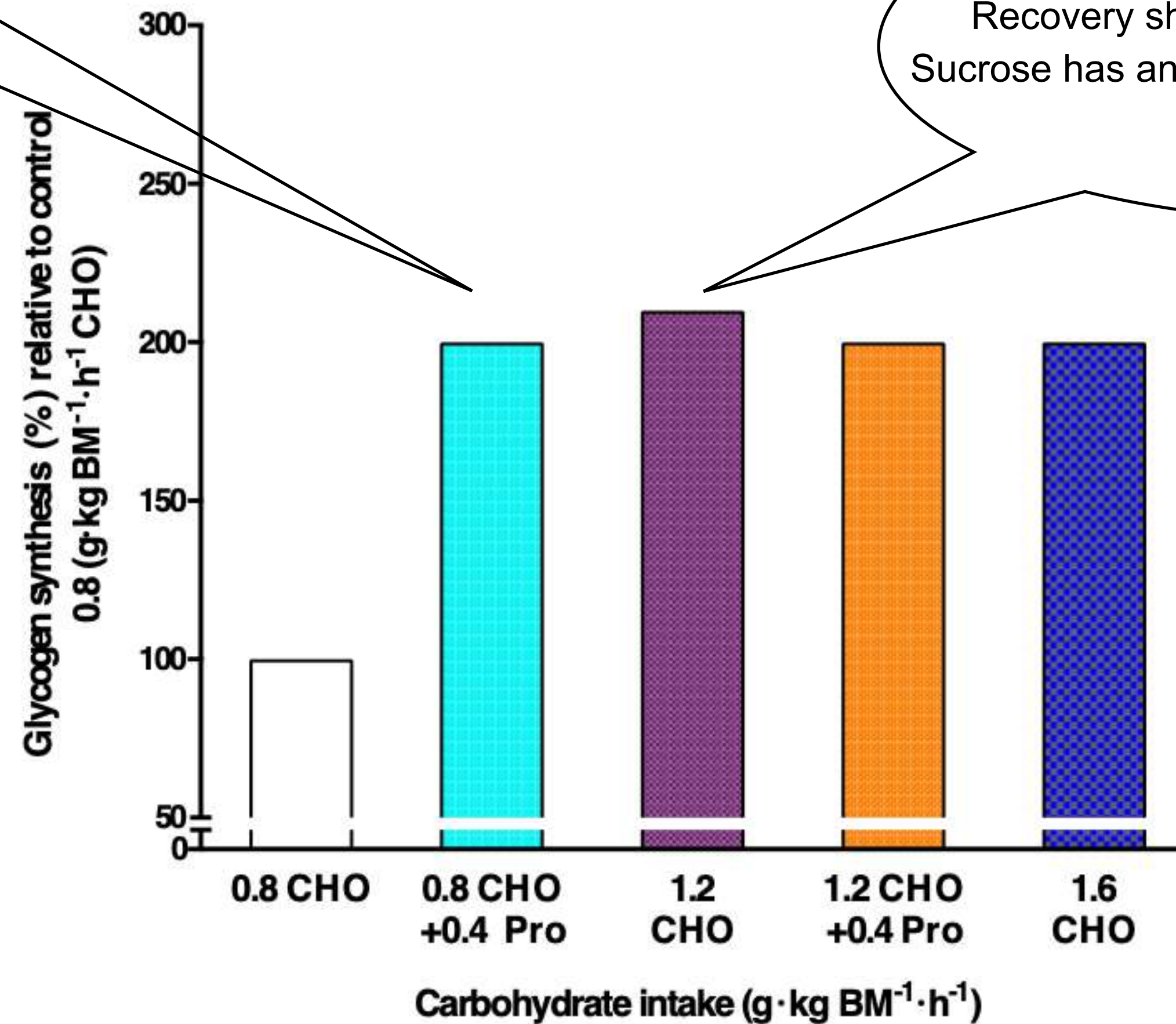
Exercise intensity

- Other fat sources
- Plasma glucose
- Muscle glycogen
- Plasma FFA



Nutrition recommendations for short-term recovery from glycogen depleting exercise

If CHO < 1 g/kg/h, adding protein (0.3-0.4 g.kg/h) ↑ glycogen stores
Protein is needed for other aspects of recovery



1-1.2 g/kg/h of CHO for the first 4 h
Recovery should begin as soon as possible
Sucrose has an advantage (muscle+liver glycogen restoration)



Email: AFAIghannam@pnu.edu.sa



@AFAIghannam