

3 Peaks Challenge Nutrition guidelines:

- Work out your nutritional plan prior to the ride and practice it when out on your training rides in the lead up to the event.
- On the night before the event eat a predominately carbohydrate meal like a pasta or rice dish.
- Consume around 30-60 grams of carbohydrate per hour.
- On the morning of the event consume a low GI carbohydrate breakfast, like porridge or muesli.
- Some people suffer from gastric distress when taking gels and sports drinks. To avoid this either stick with low GI food like energy bars, or train yourself to digest gels during the last four weeks of training leading up to the event.
- It's not advisable to experiment or try new things with your nutrition on the day of the event.
- It is generally accepted that you consume gels with water only.
- The body can digest around a maximum of 1.25 litres of water. On hotter days and during the heat of the midday you'll need to consume more water than on cooler days.
- If you are consuming more sports drink on hot days you'll need to dilute your sports drink down a little to avoid gastric distress.
- On hotter days you will need a sports drink with an electrolyte in it to help replace lost salts. On cold days you are less likely to require a sports drink with an electrolyte.
- It's better to start off with low GI foods like energy bars earlier on in your ride and slowly introduce high GI food like gels and sports drinks later on in your ride.
- People with larger builds consume more carbohydrate per hour than smaller built people. Take this into consideration when working out your nutrition plan.

Nutrition provided by Bicycle Network Victoria

	Falls Creek	Tawonga Gap	Harrietville (Food Valet Service)	Buckland Gate	Hotham Heights	Dinner Plain (Food and Clothing Valet Service)	Omeo	Anglers Rest (Food Valet Service)	Trapyard Gap	Falls Creek
Distance (km)		40	74	92	104	115	155	186	208	235
Water	Yes	Yes	Yes	Yes		Yes	Yes	Yes	Yes	Yes
Food	Winners Bars & Gels will be available for purchase at Falls Creek and can be placed in valet packs.	Fruit cake	1 winners bar	1 Winners bar & gel		Lunch: Roast vegetable pita bread wrap, banana and cookie	Fruit scone	1 Winners bar & gel (Recommend ed to consume one of these items)	1 Winners bar	Pizza slice
Powerade sports drink powder	Yes	Yes	Yes	No		Yes	Yes	Yes	No	

While Bicycle Network Victoria will be providing some nutrition during the event, it is not enough to complete the entire ride.

It is highly recommended that riders supplement the nutrition items that Bicycle Network Victoria provides with nutritional products and food that they personally bring to the event or purchase from Winners at Falls Creek, prior to the event starting.

The tables on the following pages describe the recommended nutritional plans based on the riders ride time.

8 hours	Falls Creek	Tawonga Gap	Harrietville (Food Valet Service)	Buckland Gate	Hotham Heights	Dinner Plain (Food and Clothing Valet Service)	Omeo	Anglers Rest (Food Valet Service)	Trayyard Gap	Falls Creek
Distance (km)		40	74	92	104	115	155	186	208	235
Hours		1:10	2:00	3:00	3:40	4:00	4:55	5:45	6:45	8:00
Hours between breaks		1:10	0:50	1:00	0:40	0:20	0:55	0:50	1:00	1:15
Water (ml) Note: Water will be provided at each rest stop by Bicycle Network Victoria		375	375	750		750	500	375	750	750
Food provided by Bicycle Network Victoria		Fruit cake	1 winners bar	1 Winners bar & gel		Lunch: Roast vegetable pita bread wrap, banana and cookie	Fruit scone	1 Winners bar & gel (Recommended to consume one of these items)	1 Winners bar	Pizza slice
Recommended supplements									1 Winners bar (so you consume 2 in total). Or instead of the Winners bar provided have 2 gels or 2 small bakery items	
Food carb count (grams)		30	30	60		60	60	30	60	60
Sports drink (grams) Note: Powerade powder will be provided at each rest stop by Bicycle Network Victoria										

9 hours	Falls Creek	Tawonga Gap	Harrietville (Food Valet Service)	Buckland Gate	Hotham Heights	Dinner Plain (Food and Clothing Valet Service)	Omeo	Anglers Rest (Food Valet Service)	Trayyard Gap	Falls Creek
Distance (km)		40	74	92	104	115	155	186	208	235
Hours		1:18	2:11	3:21	4:11	4:33	5:30	6:23	7:35	9:00
Hours between breaks		1:18	0:53	1:10	0:50	0:22	0:57	0:53	1:12	1:25
Water (ml) Note: Water will be provided at each rest stop by Bicycle Network Victoria		500	500	750		750	750	500	750	750
Food provided by Bicycle Network Victoria		Fruit cake	1 winners bar	1 Winners bar & gel		Lunch: Roast vegetable pita bread wrap, banana and cookie	Fruit scone	1 Winners bar & gel (Recommended to consume one of these items)	1 Winners bar	Pizza slice
Recommended supplements									1 Winners bar (so you consume 2 in total). Or instead of the Winners Bar provided have 2 gels or 2 small bakery items	
Food carb count (grams)		30	30	60		60	60	30	60	60
Sports drink (grams) Note: Powerade powder will be provided at each rest stop by Bicycle Network Victoria						25	25	17	25	25

10 hours	Falls Creek	Tawonga Gap	Harrietville (Food Valet Service)	Buckland Gate	Hotham Heights	Dinner Plain (Food and Clothing Valet Service)	Omeo	Anglers Rest (Food Valet Service)	Traynard Gap	Falls Creek
Distance (km)		40	74	92	104	115	155	186	208	235
Hours		1:26	2:22	3:42	4:42	5:06	6:05	7:01	8:25	10:00
Hours between breaks		1:26	0:56	1:20	1:00	0:24	0:59	0:56	1:24	1:35
Water (ml) Note: Water will be provided at each rest stop by Bicycle Network Victoria		500	500	750		750	750	500	750	750
Food provided by Bicycle Network Victoria		Fruit cake	1 Winners bar	1 Winners bar & gel		Lunch: Roast vegetable pita bread wrap, banana and cookie	Fruit scone	1 Winners bar & gel (Recommend ed to consume one of these items)	1 Winners bar	Pizza slice
Recommended supplements									1 Winners bar (so you consume 2 in total). Or instead of the Winners Bar provided have 2 gels or 2 small bakery items	
Food Carb count (grams)		30	30	60		60	60	30	60	60
Sports drink (grams) Note: Powerade powder will be provided at each rest stop by Bicycle Network Victoria						25	25	17	25	25

11 hours	Falls Creek	Tawonga Gap	Harrietville (Food Valet Service)	Buckland Gate	Hotham Heights	Dinner Plain (Food and Clothing Valet Service)	Omeo	Anglers Rest (Food Valet Service)	Trayyard Gap	Falls Creek
Distance (km)		40	74	92	104	115	155	186	208	235
Hours		1:34	2:33	4:03	5:13	5:39	6:40	7:39	9:15	11:00
Hours between breaks		1:34	0:59	1:30	1:10	0:26	1:01	0:59	1:36	1:45
Water (ml) Note: Water will be provided at each rest stop by Bicycle Network Victoria		750	750	750		750	750	750	750	1000
Food provided by Bicycle Network Victoria		Fruit cake	1 Winners bar	1 Winners bar & gel		Lunch: Roast vegetable pita bread wrap, banana and cookie	Fruit scone	1 Winners bar & gel (Recommended to consume one of these items)	1 Winners bar	Pizza slice
Recommended supplements									2 Winners bars (so you consume 3 in total). Or instead of the Winners Bar provided have 3 gels or 3 small bakery items	
Food carb count (grams)		30	30	60		60	60	30	60	60
Sports drink (grams) Note: Powerade powder will be provided at each rest stop by Bicycle Network Victoria						25	25	25	25	33

12 hours	Falls Creek	Tawonga Gap	Harrietville (Food Valet Service)	Buckland gate	Hotham Heights	Dinner Plain (Food and Clothing Valet Service)	Omeo	Anglers Rest (Food Valet Service)	Trayyard Gap	Falls Creek
Distance (km)		40	74	92	104	115	155	186	208	235
Hours		1:42	2:44	4:24	5:44	6:12	7:15	8:17	10:05	12:00
Hours between breaks		1:42	1:02	1:40	1:20	0:28	1:03	1:02	1:48	1:55
Water (ml) Note: Water will be provided at each rest stop by Bicycle Network Victoria		750	750	750		750	750	750	750	1000
Food provided by Bicycle Network Victoria		Fruit cake	1 Winners bar	1 Winners bar & gel		Lunch: Roast vegetable pita bread wrap, banana and cookie	Fruit scone	1 Winners bar & gel (Recommende d to consume one of these items)	1 Winners bar	Pizza slice
Recommended supplements									2 Winners bars (so you consume 3 in total). Or instead of the Winners Bar provided have 3 gels or 3 small bakery items	
Food carb count (grams)		30	30	60		60	60	30	60	60
Sports drink (grams) Note: Powerade powder will be provided at each rest stop by Bicycle Network Victoria				25		25	25	25	25	33

13 hours	Falls Creek	Tawonga Gap	Harrietville (Food Valet Service)	Buckland gate	Hotham Heights	Dinner Plain (Food and Clothing Valet Service)	Omeo	Anglers Rest (Food Valet Service)	Trayyard Gap	Falls Creek
Distance (km)		40	74	92	104	115	155	186	208	235
Hours		1:50	2:55	4:45	6:15	6:45	7:50	8:55	10:55	13:00
Hours between breaks		1:50	1:05	1:50	1:30	0:30	1:05	1:05	2:00	2:05
Water (ml) Note: Water will be provided at each rest stop by Bicycle Network Victoria		500	500	750		750	500	500	1000	1000
Food provided by Bicycle Network Victoria		Fruit cake	1 Winners bar	1 Winners bar & gel		Lunch: Roast vegetable pita bread wrap, banana and cookie	Fruit scone	1 Winners bar & gel (Recommended to consume one of these items)	1 Winners bar	Pizza slice
Recommended supplements									2 Winners bars (so you consume 3 in total). Or instead of the Winners Bar provided have 3 gels or 3 small bakery items	
Food carb count (grams)		30	30	60		60	60	30	60	60
Sports drink (grams) Note: Powerade powder will be provided at each rest stop by Bicycle Network Victoria				40		40	27	27	53	53