And surrounding yourself with the best team.

**Team Philosophy: Marginal Gains = Cycle of Continual Improvement**

1. Team Sky medical department.
3. Centre for Public Health, Queens University Belfast.

**Cross Training**

3. Hydration

Monitor the colour of your urine to assess your hydration, aiming for a light yellow colour.

**Diet When on-Bike**

When riding your bike for more than one hour, generally aim for a carbohydrate intake of 60g/hour and use a mixture of water and electrolyte drinks, drinking to thirst.

**Hydration**

Generally, week-to-week increases in training volume should be no more than 10%. A ‘hard’ session should be followed by a lighter session, with at least one rest day per week.

**Multi-Disciplinary Support Team**

Includes doctors, physiotherapists, nutritionists, sport science and ‘carers’.

**Post-Exercise Recovery Strategies**

- Compression garments
- Ice-baths
- Post-race massage and stretching
- Good quality sleep, aiming for at least 8 hours sleep per night.
- Good personal hygiene.
- Appropriate ‘stress’ management.

**Refereneces**