WINNING ROAD CYCLE RACES

A SPORT MEDICINE PERSPECTIVE

MEDITERRANEAN DIET

1. Mediterranean and well-balanced diet

2. Diet when on-bike

3. Hydration

4. Cross training

5. Post-exercise recovery strategies

6. References

7. Plan and monitor your training

8. Multi-disciplinary support team

9. Reducing effects of travel

10. Health screening

11. On-race health monitoring

12. Expert management of common cycling medical issues

13. Anti-doping

14. Dietary supplementation

TEAM PHILOSOPHY: MARGINAL GAINS = CYCLE OF CONTINUAL IMPROVEMENT

AND SURROUNDING YOURSELF WITH THE BEST TEAM

Heron(1-3), Usher(1), MacLeod(1), Sarriegui(1), Mercadel(1), Tully(1)

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

HYDRATION

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

Cross training

Do at least one non-bike training session per week. Strength and conditioning work has been shown to improve bike speed and endurance capacity (3), without causing weight gain.

Post-exercise recovery strategies

a. Compression garments
b. Ice-baths
c. Post-race massage and stretching

d. Good quality sleep, aiming for at least 8 hours sleep per night.
e. Good personal hygiene.
f. Appropriate stress management.

Reducing effects of travel

a. Chewing gum with xylitol e.g. pre-flights, to reduce risk of infections when flying.
b. Stay well-hydrated during the flight, avoiding alcohol, and keep mobile in-flight.
c. Start adjusting to the new time zone before you leave.
d. Compression stockings.

Health screening

a. Pre-season medical
b. Regular blood screen
c. Vaccinations – influenza, hepatitis A and B, traveller’s diarrhoea.
d. Regular ‘wellbeing’ monitoring via an app.

On-race health monitoring

a. First pass urine osmolality and early morning weight checks to assess hydration.
b. Early morning health screen to detect infections early.

Expert management of common cycling medical issues

a. Infection – commonest reason for being ‘off bike’. For example, for common cold viral infections use zinc lozenges at a dose of 80mg/day started within 24 hours of symptoms and continued for up to 2 weeks.
b. Trauma. Road rash, with associated wound management, and fractures from falls, especially management of clavicular fractures.
c. Overuse injuries, especially common around the knee (e.g. patellofemoral pain) and low back pain.

t. Anti-doping

a. Education of the athlete around anti-doping issues and ensure they are kept up-to-date on WADA anti-doping guidelines.
b. Knowledge and understanding of the athlete’s biological passport.
c. All athlete medication checked with globaldro.com.

Dietary supplementation

Generally not needed if you have a well-balanced diet but ones to consider with appropriate review:
a. Vitamin D, particularly in winter months.
b. Probiotics.
c. Iron, particularly if considering altitude training.

REFERENCES