



Nutrition and training cards

1 kcal \approx 4 kJ
1 mile \approx 1.6 km

A really
big meal
contains about
1,000 kcal

A big meal
contains
about 800 kcal

Pilots do
not want to
consume more
than 250 kcal
an hour on
rides of less
than five hours

A pilot uses 100
kJ of energy
to cycle 1 km
(in addition
to normal
energy use)

Pilots can use
bottle holders
which can carry
up to three
1-litre water/
drinks bottles

A banana
contains
120 kcal
and weighs
about 120g

Cycling jerseys
worn have
eight pockets

Each pocket
in a cycling
jersey can hold
1 banana, 1
energy bar, 3
energy gels or 2
cereal bars

Pilots like to
eat a big meal
before a short
training ride.
The energy
is released
during the ride

An average day,
pilots will not
do more than
seven hours
of cycling

Pilots can
only eat what
is in their
pockets while
on the road

500ml of
energy
drink contains
190 kcal

A pack of
energy gel
contains
110 kcal and
weighs 42 g

An energy bar
contains
220 kcal
and weighs 65g

On average, a
pilot will cycle
at 14 mph
on rides that
take more
than one day

While training
on long rides,
pilots do not
like to consume
more than 350
kcal an hour

On a ride that
takes several
days, a pilot
eats three really
big meals a day

Pilots drink
about 500 ml of
fluids per hour
of cycling

The distance
from
Land's End to
John O'Groats
is 1,407 km

On average,
a pilot will
cycle at 9
mph on rides
that take less
than one day

A typical short
training ride is
two hours long

On the road,
pilots can
stop to refill
their bottles
once every
two hours.

An average
adult man
who does a
moderate
amount of
physical
activity needs
about 2,500
kcal per day

An average
adult woman
who does a
moderate
amount of
physical
activity needs
approx. 2,000
kcal per day