

	P	Age	Height	Weight	Body fat (%)	BMI	VO2max
TO1	A	29	1.8	76.1	11.7	23.5	61.4
TO2	B	53	1.83	76.3	14	22.8	68.2
TO3	C	21	1.8	65.3	8.8	20.2	69
TO4	D	27	1.76	69.9	13.3	22.6	60
Mean		32.5	1.8	71.9	11.95	22.28	64.65
SD		12.2	0.02	4.6	2	1.24	3.99

Rest BPM	Max BPM	HRR	FFM	BM
50	191	141	67.2	1978.4
40	167	127	65.6	1943.2
49	199	150	59.6	1811.2
42	203	161	60.6	1833.2
45.25	190	144.75	63.25	1891.5
4.32	13.96	12.46	3.22	70.84

		Day 1 - Enc			
		Energy intake (kcal)	Carb intake (g)	Prot intake (g)	Hydration (ml)
Pre-exercise	Breakfast	1062	113.63	29.72	1000
	Snack	369	46.48	7.81	1000
Post-exercise (Between)	Lunch	1722	123.82	119.77	1000
	Snack	0	0	0	500
Post-exercise	Dinner	1458	145.96	83.52	1000
	ll. dinner	514	93.95	3.17	0
<b>Total</b>		<b>5125</b>	<b>523.84</b>	<b>243.99</b>	<b>4500</b>
Total per kg		67.35	6.88	3.21	59.13
Pre-E per kg		13.96	1.49	0.39	13.14
During I g(ml)/h		97.8	12	1.8	264.6
Between per kg		22.63	1.63	1.57	13.14
During II g(ml)/h		0	0	0	0
Post-E per kg		25.91	3.15	1.14	13.14

HRR	141	2-week summary	HARD
Rest	50	% HRR	65
		Distance	110.6
		Time	270.4
Weight	76.1	CHO (g/kg/day)	9
		PRO (g/kg/day)	3.4
		EI (kcal/kg/day)	81.3
		EE (kcal/h)	548.4
		EE (kcal/kg/h)	7.2

Duration

Kcal	Time (min)	Average BPM	MTB km	RB km	
					Breakfast
2319	227	158	94	0	Snack
					Lunch
0	0	0	0	0	Snack
					Dinner
					II. dinner
2319	227		94	0	
E1 %HRR	76.6	Kcal/h	613		
E2 %HRR	0	Kcal/kg/h	8.1		
MIDDLE					

(n=7)	MEAN±SD				
		MIDDLE (n=4)		LOW (n=3)	
6.3	66.1	11.2	0	0	
14.7	98.7	13.2	0	0	
38.5	214	31.5	0	0	
2.3	9.3	2.3	9	3	
0.8	3.4	0.2	3.4	0.9	
14.2	83	15.5	80	20.8	
49.9	550.9	95.7	0	0	
0.7	7.3	1.3	0	0	

Day 2 - Endurance

Energy intake (kcal)	Carb intake (g)	Prot intake (g)	Hydration (ml)	Kcal
2119	205.64	63.29	1500	
136	25.55	0.92	1000	0
568	76.36	35.01	500	
0	0	0	0	2598
1958	198.96	127.53	1000	
796	146.12	19.1	0	
5577	652.63	245.85	4000	2598
73.29	8.58	3.23	52.56	E1 %HRR
27.84	2.7	0.83	19.71	E2 %HRR
0	0	0	0	
7.46	1	0.46	6.57	
0	0	0	0	
36.19	4.53	1.93	13.14	

Time (min)	Average BPM	MTB km	RB km	Energy intake (kcal)
				Breakfast 2000
0	0	0	0	Snack 200
				Lunch 1706
239	155	105.6	0	Snack 75
				Dinner 598
				II. dinner 1258
239		105.6	0	5837
0	Kcal/h	652.2		76.7
74.47	Kcal/kg/h	8.6		26.28
				61.2
	MIDDLE			22.42
				59.4
				24.39

Day 3 - Endurance

Carb intake (g)	Prot intake (g)	Hydration (ml)	Kcal	Time (min)	Average BPM
202.74	57.57	1000			
46.09	2.3	1000	1767	196	145
145.56	83.69	250			
16.56	1.38	500	753	76	144
56.62	33.03	500			
151	49.25	700			
<b>618.57</b>	<b>227.22</b>	<b>3950</b>	<b>2520</b>	<b>272</b>	
8.13	2.99	51.91	E1 %HRR	67.38	Kcal/h
2.66	0.76	13.14	E2 %HRR	66.67	Kcal/kg/h
14.4	0.6	306			
1.91	1.1	3.29			<b>HARD</b>
13.2	1.2	394.8			
2.73	1.08	15.77			

MTB km	RB km		Energy intake (kcal)	Carb intake (g)	Prot intake (g)
		Breakfast	1301	186.36	52.08
95.8	0	Snack	513	67.3	7.79
		Lunch	1544	214.8	70.5
19.9	0	Snack	85	19.43	0.56
		Dinner	1491	116.73	81.37
		II. dinner	514	62	9
115.7	0		5448	666.62	221.3
555.9			71.59	8.76	2.91
7.3			17.1	2.45	0.68
			0	0	0
			20.29	2.82	0.93
			39.6	9	0
			26.35	2.35	1.19



Day 4 - Day off

Hydration (ml)	Kcal	Time (min)	Average BPM	MTB km	RB km
1000					
1000	0	0	0	0	0
500					
0	1103	129	133	50.6	0
500					
0					
3000	1103	129		50.6	0
39.42	E1 %HRR	0			
13.14	E2 %HRR	58.87			
0					
6.57	LOW				
0					
6.57					

Day 5 - Endurance

	Energy intake (kcal)	Carb intake (g)	Prot intake (g)	Hydration (ml)	Kcal
Breakfast	1878	159.85	91.87	500	
Snack	116	26.45	1.22	1000	1191
Lunch	1755	260.6	72.94	1000	
Snack	458	54.24	21.48	700	1504
Dinner	1407	96.77	61.62	500	
ll. dinner	79	0	0	0	
	5693	597.91	249.13	3700	2695
	74.81	7.86	3.27	48.62	E1 %HRR
	24.68	2.1	1.21	6.57	E2 %HRR
	54.6	12.6	0.6	468.6	
	23.06	3.42	0.96	13.14	
	127.2	15	6	194.4	
	19.53	1.27	0.81	6.57	



Day 6 - Speed

Carb intake (g)	Prot intake (g)	Hydration (ml)	Kcal	Time (min)	Average BPM
109.79	59.79	500			
26.45	1.22	1000	1562	166	149
304.1	86.71	1500			
105.1	5.58	800	725	87	132
151.81	97.69	1000			
10.61	1.19	0			
707.86	252.18	4800	2287	253	
9.3	3.31	63.07	E1 %HRR	70.21	Kcal/h
1.44	0.79	6.57	E2 %HRR	58.16	Kcal/kg/h
9.6	0.6	361.2			
4	1.14	19.71			HARD
72.6	3.6	552			
2.13	1.3	13.14			

MTB km	RB km		Energy intake (kcal)	Carb intake (g)	Prot intake (g)
		Breakfast	1360	110.68	67.56
51	0	Snack	191	43.01	2.6
		Lunch	2675	292	81.5
39.4	0	Snack	31	6.8	0.14
		Dinner	1755	164.55	110.51
		II. dinner	673	65.4	8.4
90.4	0		6685	682.44	270.71
542.4			87.84	8.97	3.56
7.1			17.87	1.45	0.89
			102.6	22.8	1.2
			35.15	3.84	1.07
			14.4	3	0
			31.91	3.02	1.56

Day 7 - Power

Hydration (ml)	Kcal	Time (min)	Average BPM	MTB km	RB km
500					
600	1263	112	155	33.7	0
1000					
900	1017	128	132	59.3	0
1000					
0					
4000	2280	240		93	0
52.56	E1 %HRR	74.47	Kcal/h	570	
6.57	E2 %HRR	58.16	Kcal/kg/h	7.5	
321.6					
13.14	HARD				
421.8					
13.14					

Day 8 - Day off

	Energy intake (kcal)	Carb intake (g)	Prot intake (g)	Hydration (ml)	Kcal
Breakfast	1755	146.51	79.77	750	
Snack	0	0	0	0	0
Lunch	1302	122.12	77.27	500	
Snack	517	79.43	8.96	0	0
Dinner	695	43.4	34.16	500	
II. dinner	282	24.45	4.5	0	
	4551	415.91	204.66	1750	0
	59.8	5.47	2.69	23	
	23.06	1.93	1.05	9.86	
	0	0	0	0	
	17.11	1.6	1.02	6.57	
	0	0	0	0	
	12.84	0.89	0.51	6.57	

Time (min)	Average BPM	MTB km	RB km	Energy intake (kcal)
				Breakfast 1262
0	0	0	0	Snack 388
				Lunch 1763
0	0	0	0	Snack 85
				Dinner 1153
				II. dinner 296
0		0	0	4947
				65.01
				16.58
				155.4
	LOW			23.17
				43.8
				19.04



Day 9 - Endurance

Carb intake (g)	Prot intake (g)	Hydration (ml)	Kcal	Time (min)	Average BPM
127.05	53.05	750			
55.03	3.7	1200	1496	150	152
192.14	79.15	500			
19.65	1.08	500	874	117	125
145.24	70.7	1000			
31	4.5	0			
570.11	212.18	3950	2370	267	
7.49	2.79	51.91	E1 %HRR	72.34	Kcal/h
1.67	0.7	9.86	E2 %HRR	53.19	Kcal/kg/h
22.2	1.2	480			
2.52	1.04	6.57			HARD
10.2	0.6	256.2			
2.32	0.99	13.14			

MTB km	RB km		Energy intake (kcal)	Carb intake (g)	Prot intake (g)
		Breakfast	1252	139.24	48.67
65.7	0	Snack	31	6.8	0.14
		Lunch	4410	685.8	282
52.2	0	Snack	605	85.15	6.44
		Dinner	908	85.15	60.37
		II. dinner	1246	96.98	12
117.9	0		8452	1099.12	409.62
532.6			111.06	14.44	5.38
7			16.45	1.83	0.64
			15	3.6	0
			57.95	9.01	3.71
			204	28.8	2.4
			28.3	2.39	0.95

Day 10 - Speed

Hydration (ml)	Kcal	Time (min)	Average BPM	MTB km	RB km
900					
600	1173	122	146	33.5	0
500					
700	1432	178	129	80.2	0
500					
0					
3200	2605	300		113.7	0
42.05	E1 %HRR	68.09	Kcal/h	521	
11.83	E2 %HRR	56.03	Kcal/kg/h	6.8	
295.2					
6.57	HARD				
235.8					
6.57					

Day 11 - Endurance

	Energy intake (kcal)	Carb intake (g)	Prot intake (g)	Hydration (ml)	Kcal
Breakfast	1596	131.02	62.71	800	
Snack	285	65.52	2.86	1400	2058
Lunch	2130	261.19	96.23	500	
Snack	1360	144	15	0	0
Dinner	1137	124.21	51.58	500	
II. dinner	1700	277.44	50.3	0	
	<b>8208</b>	<b>1003.38</b>	<b>278.68</b>	<b>3200</b>	<b>2058</b>
	107.86	13.19	3.66	42.05	E1 %HRR
	20.97	1.72	0.82	10.51	E2 %HRR
	74.4	16.8	0.6	365.4	
	27.99	3.43	1.26	6.57	
	0	0	0	0	
	37.28	5.28	1.34	6.57	

Time (min)	Average BPM	MTB km	RB km	Energy intake (kcal)	
				Breakfast	1444
230	142	115.2	0	Snack	65
				Lunch	3428
0	0	0	0	Snack	813
				Dinner	2362
				II. dinner	158
230		115.2	0		8270
65.25	Kcal/h	536.9			108.67
0	Kcal/kg/h	7.1			18.98
					0
	MIDDLE				45.05
					0
					33.11

Day 12 - Day off

Carb intake (g)	Prot intake (g)	Hydration (ml)	Kcal	Time (min)	Average BPM
140.53	53.43	500			
14.76	0.88	200	0	0	0
420.98	108.84	500			
151.58	18.88	0	0	0	0
247.73	175.54	1000			
0	0	0			
975.58	357.57	2200	0	0	
12.82	4.7	28.91			
1.85	0.7	6.57			
0	0	0			
5.53	1.43	6.57			LOW
0	0	0			
3.26	2.31	13.14			

MTB km	RB km		Energy intake (kcal)	Carb intake (g)	Prot intake (g)
		Breakfast	1313	139.93	47.7
0	0	Snack	116	26.45	1.22
		Lunch	1302	155.71	58.38
0	0	Snack	428	96.65	8.08
		Dinner	2123	111.81	89.04
		II. dinner	0	0	0
0	0		5282	530.55	204.42
			69.41	6.97	2.69
			17.25	1.84	0.63
			52.8	12	0.6
			17.11	2.05	0.77
			302.4	68.4	6
			27.9	1.47	1.17

Day 13 - Speed and power

Hydration (ml)	Kcal	Time (min)	Average BPM	MTB km	RB km
500					
600	1512	132	151	36.6	0
1000					
300	828	85	140	24.5	0
500					
0					
2900	2340	217		61.1	0
38.11	E1 %HRR	71.63	Kcal/h	647	
6.57	E2 %HRR	63.83	Kcal/kg/h	8.5	
273					
13.14	HARD				
211.8					
6.57					



Day 14 - Endurance

	Energy intake (kcal)	Carb intake (g)	Prot intake (g)	Hydration (ml)	Kcal
Breakfast	1336	139.94	50.3	500	
Snack	200	46.09	2.3	900	1071
Lunch	2775	234.52	140.88	500	
Snack	1163	131.76	13.38	0	0
Dinner	671	81.73	44.97	500	
II. dinner	217	31	4.5	0	
	<b>6362</b>	<b>665.04</b>	<b>256.33</b>	<b>2400</b>	<b>1071</b>
	83.6	8.74	3.37	31.54	E1 %HRR
	17.56	1.84	0.66	6.57	E2 %HRR
	75	17.4	0.6	337.8	
	36.47	3.08	1.85	6.57	
	0	0	0	0	
	11.67	1.48	0.65	6.57	

Time (min)	Average BPM	MTB km	RB km
160	118	79.8	0
0	0	0	0
160		79.8	0
48.23	Kcal/h	401.6	
0	Kcal/kg/h	5.3	
MIDDLE			

		Day 1 - Enc			
		Energy intake (kcal)	Carb intake (g)	Prot intake (g)	Hydration (ml)
Pre-exercise	Breakfast	562	80.56	15.01	450
	Snack	754	80.87	32.38	1250
Post-exercise (Between)	Lunch	1346	96.28	91.52	500
	Snack	0	0	0	0
Post-exercise	Dinner	1043	117.73	56.45	500
	ll. dinner	0	0	0	0
<b>Total</b>		<b>3705</b>	<b>375.44</b>	<b>195.36</b>	<b>2700</b>
Total per kg		48.56	4.92	2.56	35.39
Pre-E per kg		7.37	1.06	0.2	5.9
During I g(ml)/h		196.8	21	8.4	325.8
Between per kg		17.64	1.26	1.2	6.55
During II g(ml)/h		0	0	0	0
Post-E per kg		13.67	1.54	0.74	6.55

HRR	127	2-week summary	HARD
Rest	40	% HRR	56.1
		Distance	115.8
		Time	292.6
Weight	76.3	CHO (g/kg/day)	7.5
		PRO (g/kg/day)	3.1
		EI (kcal/kg/day)	72.1
		EE (kcal/h)	367
		EE (kcal/kg/h)	4.8

Duration

Kcal	Time (min)	Average BPM	MTB km	RB km	
					Breakfast
1117	230	112	0	102	Snack
					Lunch
0	0	0	0	0	Snack
					Dinner
					II. dinner
1117	230		0	102	
E1 %HRR	56.69	Kcal/h	291.4	102	
E2 %HRR	0	Kcal/kg/h	3.8		
MIDDLE					

(n=8)	MEAN±SD			
		MIDDLE (n=3)		LOW (n=3)
7	55.9	4.9	0	0
13.1	101	15.1	0	0
24.8	227	44.5	0	0
0.7	6.2	1.1	6.1	1.4
0.4	3.2	0.5	2.8	0.4
7.8	65.3	15.1	64.3	9.4
45.1	293.2	32.7	0	0
0.6	3.8	0.4	0	0

Day 2 - Endurance

Energy intake (kcal)	Carb intake (g)	Prot intake (g)	Hydration (ml)	Kcal
630	52.94	39.18	250	
0	0	0	0	0
719	91.3	41.56	750	
989	95.11	39.43	1000	1559
1562	134.67	96.45	1000	
437	50.41	14.9	0	
<b>4337</b>	<b>424.43</b>	<b>231.52</b>	<b>3000</b>	<b>1559</b>
62.05	6.07	3.31	42.92	E1 %HRR
9.01	0.76	0.56	3.58	E2 %HRR
0	0	0	0	
10.29	1.31	0.59	10.73	
211.8	20.4	8.4	214.2	
28.6	2.65	1.59	14.31	

Time (min)	Average BPM	MTB km	RB km	Energy intake (kcal)
				Breakfast 811
0	0	0	0	Snack 799
				Lunch 1547
280	118	0	119	Snack 0
				Dinner 416
				II. dinner 1736
280		0	119	5309
0	Kcal/h	334.1	119	75.95
61.42	Kcal/kg/h	4.4		11.6
				240
	MIDDLE			22.13
				0
				30.79

Day 3 - Endurance

Carb intake (g)	Prot intake (g)	Hydration (ml)	Kcal	Time (min)	Average BPM
83.62	33.14	700			
84.1	36.27	1250	1019	200	115
113.21	76.02	500			
0	0	0	488	90	112
38.73	21.88	500			
198.75	48.17	700			
518.41	215.48	3650	1507	290	
7.42	3.08	52.22	E1 %HRR	59.06	Kcal/h
1.2	0.47	10.01	E2 %HRR	56.69	Kcal/kg/h
25.2	10.8	375			
1.62	1.09	7.15			HARD
0	0	0			
3.4	1	17.17			

MTB km	RB km		Energy intake (kcal)	Carb intake (g)	Prot intake (g)
		Breakfast	573	45.62	30.15
0	96	Snack	10	1.5	1
		Lunch	1697	216.35	71.6
24	0	Snack	216	25.25	5.1
		Dinner	1315	94.64	60.35
		II. dinner	800	68.1	32.6
24	96		4611	451.46	200.8
311.8	120		65.97	6.46	2.87
4.1			8.2	0.65	0.43
			0	0	0
			24.28	3.1	1.02
			162	19.2	3.6
			30.26	2.33	1.33



Day 4 - Day off

Hydration (ml)	Kcal	Time (min)	Average BPM	MTB km	RB km
450					
500	0	0	0	0	0
250					
250	451	80	112	0	36
500					
500					
2450	451	80		0	36
35.05	E1 %HRR	0			
6.44	E2 %HRR	56.69			
0					
3.58	LOW				
187.8					
14.31					

Day 5 - Endurance

	Energy intake (kcal)	Carb intake (g)	Prot intake (g)	Hydration (ml)	Kcal
Breakfast	704	86.9	26.53	450	281
Snack	90	20.4	1.58	250	667
Lunch	1906	158.08	86.43	750	
Snack	101	13.98	6	250	550
Dinner	1979	163.91	109	250	
ll. dinner	295	1.6	1.2	0	
	5075	444.87	230.74	1950	1498
	72.6	6.36	3.3	27.9	E1 %HRR
	10.07	1.24	0.38	6.44	E2 %HRR
	41.4	9.6	0.6	115.2	E3 %HRR
	27.27	2.26	1.24	10.73	
	55.2	7.8	3	136.2	
	32.53	2.37	1.58	3.58	

Time (min)	Average BPM	MTB km	RB km	Energy intake (kcal)	
50	112	0	21	Breakfast	414
130	115	0	63	Snack	725
				Lunch	888
110	106	0	48	Snack	177
				Dinner	1839
				II. dinner	174
290		0	132		4217
56.69	Kcal/h	309.9	132		60.33
59.06	Kcal/kg/h	4.1			5.92
51.97					402.6
	<b>HARD</b>				12.7
					118.2
					28.8

Day 6 - Speed

Carb intake (g)	Prot intake (g)	Hydration (ml)	Kcal	Time (min)	Average BPM
60.49	9.28	450	175	38	101
46.22	36.24	0	724	108	126
127.51	31.78	100			
32.48	6.2	1000	459	90	107
199.01	88.18	500			
14.1	9.81	0			
479.81	181.49	2050	1358	236	
6.86	2.6	29.33	E1 %HRR	48.03	Kcal/h
0.87	0.13	6.44	E2 %HRR	67.72	Kcal/kg/h
25.8	20.4	0	E3 %HRR	52.76	
1.82	0.45	1.43			HARD
21.6	4.2	666.6			
3.05	1.4	7.15			

MTB km	RB km		Energy intake (kcal)	Carb intake (g)	Prot intake (g)
0	15	Breakfast	1521	151.37	56.42
39	0	Snack	0	0	0
		Lunch	1865	217.54	52.16
0	42	Snack	229	39.79	10.08
		Dinner	1234	142.9	88.39
		II. dinner	1047	43.45	22.8
39	57		5896	595.05	229.85
345.3	96		84.35	8.51	3.29
4.5			21.76	2.17	0.81
			0	0	0
			26.68	3.11	0.75
			98.4	16.8	4.2
			32.63	2.67	1.59

Day 7 - Power

Hydration (ml)	Kcal	Time (min)	Average BPM	MTB km	RB km
450	552	42	101	0	17
500	645	98	126	28	0
0					
1000	660	140	109	0	62
1000					
0					
2950	1857	280		28	79
42.2	E1 %HRR	48.03	Kcal/h	397.9	107
6.44	E2 %HRR	67.72	Kcal/kg/h	5.2	
306	E3 %HRR	54.33			
0	HARD				
428.4					
14.31					

Day 8 - Day off

	Energy intake (kcal)	Carb intake (g)	Prot intake (g)	Hydration (ml)	Kcal
Breakfast	1400	142.27	53.59	700	
Snack	0	0	0	0	0
Lunch	814	53.84	53.8	1000	
Snack	377	47.39	10.36	250	0
Dinner	1042	56.97	46.85	350	
II. dinner	0	0	0	0	
	3633	300.47	164.6	2300	0
	51.97	4.3	2.35	32.9	
	20.03	2.04	0.77	10.01	
	0	0	0	0	
	11.65	0.77	0.77	14.31	
	0	0	0	0	
	14.91	0.82	0.67	5.01	

Time (min)	Average BPM	MTB km	RB km	Energy intake (kcal)
				Breakfast 1914
0	0	0	0	Snack 85
				Lunch 1530
0	0	0	0	Snack 85
				Dinner 857
				II. dinner 955
0		0	0	5426
				77.63
				27.38
				33.6
	LOW			21.89
				45.6
				25.92



Day 9 - Endurance

Carb intake (g)	Prot intake (g)	Hydration (ml)	Kcal	Time (min)	Average BPM
186.88	74.44	700	425	45	102
19.65	1.08	500	973	153	127
135.44	71.01	500			
19.43	0.56	500	533	112	107
107.26	44.74	1500			
35	7.5	350			
503.66	199.33	4050	1931	310	
7.21	2.85	57.94	E1 %HRR	48.82	Kcal/h
2.67	1.06	10.01	E2 %HRR	68.5	Kcal/kg/h
7.8	0.6	196.2	E3 %HRR	52.76	
1.94	1.02	7.15			HARD
10.2	0.6	267.6			
2.04	0.75	26.47			

MTB km	RB km		Energy intake (kcal)	Carb intake (g)	Prot intake (g)
0	15	Breakfast	1209	114.68	61.64
0	64	Snack	0	0	0
		Lunch	1930	286.32	132.8
0	46	Snack	346	53.84	17.48
		Dinner	863	97.02	44.55
		II. dinner	253	44.14	7.4
0	125		4601	596	263.87
373.7	125		65.82	8.53	3.77
4.9			17.3	1.64	0.88
			0	0	0
			27.61	4.1	1.9
			133.8	21	6.6
			15.97	2.02	0.74

Day 10 - Speed

Hydration (ml)	Kcal	Time (min)	Average BPM	MTB km	RB km
750	553	40	101	0	16
0	630	115	118	33	0
800					
500	582	155	100	0	66
1000					
0					
3050	1765	310		33	82
43.63	E1 %HRR	48.03	Kcal/h	341.6	115
10.73	E2 %HRR	61.42	Kcal/kg/h	4.5	
0	E3 %HRR	47.24			
11.44	HARD				
193.8					
14.31					

Day 11 - Endurance

	Energy intake (kcal)	Carb intake (g)	Prot intake (g)	Hydration (ml)	Kcal
Breakfast	1174	109.05	66.95	1150	519
Snack	0	0	0	500	1137
Lunch	1365	203.69	57.21	750	
Snack	95	20.93	1.56	500	586
Dinner	1098	117.98	73.21	500	
II. dinner	675	64.39	21.5	750	
	4407	516.04	220.43	4150	2242
	63.05	7.38	3.15	59.37	E1 %HRR
	16.8	1.56	0.96	16.45	E2 %HRR
	0	0	0	154.8	E3 %HRR
	19.53	2.91	0.82	10.73	
	79.2	17.4	1.2	416.4	
	25.36	2.61	1.35	17.88	

Time (min)	Average BPM	MTB km	RB km	Energy intake (kcal)	
38	100	0	15	Breakfast	1121
194	121	0	95	Snack	65
				Lunch	2225
72	108	22	0	Snack	533
				Dinner	813
				II. dinner	472
304		22	110		5229
47.24	Kcal/h	442.5	132		74.81
63.78	Kcal/kg/h	5.8			16.04
53.54					55.2
	HARD				31.83
					0
					18.38

Day 12 - Day off

Carb intake (g)	Prot intake (g)	Hydration (ml)	Kcal	Time (min)	Average BPM
120.82	51.1	900			
14.76	0.88	0	646	71	100
230.35	78.6	250			
86.19	14.28	750	0	0	0
27.25	48	500			
54.25	34.5	0			
533.62	227.36	2400	646	71	
7.63	3.25	34.33			
1.73	0.73	12.88			
12.6	0.6	0			
3.3	1.12	3.58			LOW
0	0	0			
1.17	1.18	7.15			

MTB km	RB km		Energy intake (kcal)	Carb intake (g)	Prot intake (g)
		Breakfast	1306	152.51	56.73
18	0	Snack	0	0	0
		Lunch	1782	236.3	44.38
0	0	Snack	668	56.6	8.5
		Dinner	1228	65.51	61.26
		II. dinner	424	18.8	3.6
18	0		5408	529.72	174.47
			77.37	7.58	2.5
			18.68	2.18	0.81
			0	0	0
			25.49	3.38	0.63
			367.8	31.2	4.8
			23.63	1.21	0.93

Day 13 - Speed and power

Hydration (ml)	Kcal	Time (min)	Average BPM	MTB km	RB km
700	691	61	105	0	21
0	870	151	121	47	0
500					
0	652	109	120	31	0
1000					
0					
2200	2213	321		78	21
31.47	E1 %HRR	51.18	Kcal/h	413.6	99
10.01	E2 %HRR	63.78	Kcal/kg/h	5.4	
0	E3 %HRR	62.99			
7.15	HARD				
0					
14.31					



Day 14 - Endurance

	Energy intake (kcal)	Carb intake (g)	Prot intake (g)	Hydration (ml)	Kcal
Breakfast	1531	145.19	60.81	1750	
Snack	312	43.44	19	500	724
Lunch	1856	134.48	79.48	500	
Snack	195	23.79	2.3	250	0
Dinner	1074	94.54	59.27	500	
ll. dinner	984	86.85	40.2	0	
	5952	528.29	261.06	3500	724
	85.15	7.56	3.73	50.07	E1 %HRR
	21.9	2.08	0.87	25.04	E2 %HRR
	109.2	15	6.6	175.2	
	26.55	1.92	1.14	7.15	
	0	0	0	0	
	29.44	2.59	1.42	7.15	

Time (min)	Average BPM	MTB km	RB km
171	103	0	82
0	0	0	0
171		0	82
49.61	Kcal/h	254	82
0	Kcal/kg/h	3.3	
MIDDLE			

		Day 1 - Enc			
		Energy intake (kcal)	Carb intake (g)	Prot intake (g)	Hydration (ml)
Pre-exercise	Breakfast	1151	137.36	45.2	500
	Snack	383	52.32	6.4	0
Post-exercise (Between)	Lunch	1407	86.41	101.82	1500
During exercise	Snack	0	0	0	0
Post-exercise	Dinner	1043	117.73	56.45	1000
	ll. dinner	359	0	0	500
<b>Total</b>		<b>4343</b>	<b>393.82</b>	<b>209.87</b>	<b>3500</b>
Total per kg		66.51	6.03	3.21	53.6
Pre-E per kg		17.63	2.1	0.69	7.66
During I g(ml)/h		94.8	13.2	1.8	0
Between per kg		21.55	1.32	1.56	22.97
During II g(ml)/h		0	0	0	0
Post-E per kg		21.47	1.8	0.86	22.97

HRR	150	2-week summary	HARD
Rest	49	% HRR	52.4
		Distance	82.5
		Time	265.3
Weight	65.3	CHO (g/kg/day)	9.5
		PRO (g/kg/day)	2.8
		EI (kcal/kg/day)	75.2
		EE (kcal/h)	371.3
		EE (kcal/kg/h)	5.7

Duration

Kcal	Time (min)	Average BPM	MTB km	RB km	
					Breakfast
1767	242	146	0	111.8	Snack
					Lunch
0	0	0	0	0	Snack
					Dinner
					II. dinner
1767	242		0	111.8	
E1 %HRR	64.67	Kcal/h	438.1	111.8	
E2 %HRR	0	Kcal/kg/h	6.7		
MIDDLE					

(n=4)	MEAN±SD			
		MIDDLE (n=7)		LOW (n=3)
6.8	56.7	5.1	0	0
8.7	79.4	30.2	0	0
36.4	211.7	43	0	0
1.4	8.2	2.1	10	1.1
0.2	3.4	0.5	3.2	0.5
7.9	74.5	8.9	85.8	3.7
12	384.8	29.1	0	0
0.2	5.9	0.5	0	0

Day 2 - Endurance

Energy intake (kcal)	Carb intake (g)	Prot intake (g)	Hydration (ml)	Kcal
1149	141.72	49.85	500	
0	0	0	0	0
580	67.02	32.68	500	
769	146.61	8.56	1500	1707
2137	177.47	134.12	250	
374	69.12	12.1	250	
<b>5009</b>	<b>601.94</b>	<b>237.31</b>	<b>3000</b>	<b>1707</b>
76.71	9.22	3.63	45.94	E1 %HRR
17.6	2.17	0.76	7.66	E2 %HRR
0	0	0	0	
8.88	1.03	0.5	7.66	
177.6	33.6	1.8	346.2	
38.45	3.78	2.24	7.66	

Time (min)	Average BPM	MTB km	RB km	Energy intake (kcal)
				Breakfast 1492
0	0	0	0	Snack 361
				Lunch 1843
260	138	0	116.3	Snack 0
				Dinner 406
				II. dinner 885
260		0	116.3	4987
0	Kcal/h	393.9	116.3	76.37
59.33	Kcal/kg/h	6		22.85
				112.8
	MIDDLE			28.22
				0
				19.77

Day 3 - Endurance

Carb intake (g)	Prot intake (g)	Hydration (ml)	Kcal	Time (min)	Average BPM
141.72	49.85	850			
0	0	750	1179	192	128
67.02	32.68	750			
0	0	0	0	0	0
177.47	134.12	350			
69.12	12.1	350			
455.33	228.75	3050	1179	192	
6.97	3.5	46.71	E1 %HRR	52.67	Kcal/h
2.17	0.76	13.02	E2 %HRR	0	Kcal/kg/h
0	0	234.6			
1.03	0.5	11.49			MIDDLE
0	0	0			
3.78	2.24	10.72			

MTB km	RB km		Energy intake (kcal)	Carb intake (g)	Prot intake (g)
		Breakfast	667	95.13	19.02
0	91.8	Snack	181	32.73	2.68
		Lunch	1122	222.28	32.05
0	0	Snack	418	49.08	10.4
		Dinner	1459	110.81	77.69
		II. dinner	497	52.5	23.5
0	91.8		4344	562.53	165.34
368.4	91.8		66.52	8.61	2.53
5.6			10.21	1.46	0.29
			70.2	12.6	1.2
			17.18	3.4	0.49
			272.4	31.8	6.6
			29.95	2.5	1.55



Day 4 - Power

Hydration (ml)	Kcal	Time (min)	Average BPM	MTB km	RB km
500					
500	1007	155	137	45.8	0
250					
500	507	92	118	28.5	0
500					
500					
2750	1514	247		74.3	0
42.11	E1 %HRR	58.67	Kcal/h	367.8	74.3
7.66	E2 %HRR	46	Kcal/kg/h	5.6	
193.8					
3.83	HARD				
325.8					
15.31					

Day 5 - Speed

	Energy intake (kcal)	Carb intake (g)	Prot intake (g)	Hydration (ml)	Kcal
Breakfast	1087	142.7	29.07	1000	
Snack	85	19.65	1.08	500	969
Lunch	1601	253.93	62.97	250	
Snack	96	13.08	1.6	500	431
Dinner	571	52.8	6.3	0	
II. dinner	1832	175.27	86.92	600	
	5272	657.43	187.94	2850	1400
	80.74	10.07	2.88	43.64	E1 %HRR
	16.65	2.19	0.45	15.31	E2 %HRR
	33	7.8	0.6	195	
	24.52	3.89	0.96	3.83	
	73.2	10.2	1.2	379.8	
	36.8	3.49	1.43	9.19	

Time (min)	Average BPM	MTB km	RB km	Energy intake (kcal)
				Breakfast 2073
154	134	38.9	0	Snack 725
				Lunch 729
79	114	0	34.4	Snack 0
				Dinner 1639
				II. dinner 397
233		38.9	34.4	5563
56.67	Kcal/h	360.5	73.3	85.19
43.33	Kcal/kg/h	5.5		31.75
				143.4
				11.16
				0
				31.18
HARD				

Day 6 - Endurance

Carb intake (g)	Prot intake (g)	Hydration (ml)	Kcal	Time (min)	Average BPM
246.11	64.4	650			
129.98	8.82	1500	1994	303	143
107.68	30.92	0			
0	0	0	140	24	118
200.06	84.3	500			
63.71	8.31	0			
747.54	196.75	2650	2134	327	
11.45	3.01	40.58	E1 %HRR	62.67	Kcal/h
3.77	0.99	9.95	E2 %HRR	46	Kcal/kg/h
25.8	1.8	297			
1.65	0.47	0			HARD
0	0	0			
4.04	1.42	7.66			

MTB km	RB km		Energy intake (kcal)	Carb intake (g)	Prot intake (g)
		Breakfast	1223	126.83	43.01
84	0	Snack	85	19.65	1.08
		Lunch	2347	234	63.25
7	0	Snack	362	55.8	6.18
		Dinner	1125	128.83	79.36
		II. dinner	565	68.25	6.5
91	0		5707	633.36	199.38
391.6	91		87.4	9.7	3.05
6			18.73	1.94	0.66
			67.2	15.6	0.6
			35.94	3.58	0.97
			0	0	0
			25.88	3.02	1.31

Day 7 - Day off

Hydration (ml)	Kcal	Time (min)	Average BPM	MTB km	RB km
500					
0	383	76	109	0	30.7
500					
0	0	0	0	0	0
500					
500					
2000	383	76		0	30.7
30.63	E1 %HRR	40			
7.66	E2 %HRR	0			
0					
7.66			LOW		
0					
15.31					

Day 8 - Speed

	Energy intake (kcal)	Carb intake (g)	Prot intake (g)	Hydration (ml)	Kcal
Breakfast	1364	140.09	50.9	650	
Snack	85	19.65	1.08	0	782
Lunch	1263	105.12	73.33	450	
Snack	192	26.16	3.2	0	0
Dinner	894	56.17	46.25	500	
II. dinner	0	0	0	0	
	3798	347.19	174.76	1600	782
	58.16	5.32	2.68	24.5	E1 %HRR
	20.89	2.15	0.78	9.95	E2 %HRR
	37.8	8.4	0.6	0	
	19.34	1.61	1.12	6.89	
	0	0	0	0	
	13.69	0.86	0.71	7.66	

Time (min)	Average BPM	MTB km	RB km	Energy intake (kcal)	
				Breakfast	1364
136	126	35.4	0	Snack	181
				Lunch	1454
0	0	0	0	Snack	0
				Dinner	1145
				II. dinner	326
136		35.4	0		4470
51.33	Kcal/h	345	35.4		68.45
0	Kcal/kg/h	5.3			20.89
					79.2
	MIDDLE				22.27
					0
					22.53



Day 9 - Power

Carb intake (g)	Prot intake (g)	Hydration (ml)	Kcal	Time (min)	Average BPM
140.09	50.9	650			
32.73	2.68	750	862	137	135
135.04	70.61	250			
0	0	500	684	117	122
153.3	52.56	600			
46.5	6.75	0			
507.66	183.5	2750	1546	254	
7.77	2.81	42.11	E1 %HRR	57.33	Kcal/h
2.15	0.78	9.95	E2 %HRR	48.67	Kcal/kg/h
14.4	1.2	328.2			
2.07	1.08	3.83			HARD
0	0	256.2			
3.06	0.91	9.19			

MTB km	RB km		Energy intake (kcal)	Carb intake (g)	Prot intake (g)
		Breakfast	1677	177.09	59.7
39.6	0	Snack	372	58.89	5.88
		Lunch	2516	365.4	178.5
0	51.68	Snack	85	19.65	1.08
		Dinner	779	95.12	43.25
		II. dinner	338	58.85	9.87
39.6	51.68		5767	775	298.28
365.2	91.28		88.32	11.87	4.57
5.6			25.68	2.71	0.91
			90	14.4	1.2
			38.53	5.6	2.73
			0	0	0
			17.11	2.36	0.81

Day 10 - Speed

Hydration (ml)	Kcal	Time (min)	Average BPM	MTB km	RB km
650					
500	1635	248	143	69.2	0
200					
500	0	0	0	0	0
350					
0					
2200	1635	248		69.2	0
33.69	E1 %HRR	62.67	Kcal/h	395.6	69.2
9.95	E2 %HRR	0	Kcal/kg/h	6.1	
121.2					
3.06	MIDDLE				
0					
5.36					

Day 11 - Day off

	Energy intake (kcal)	Carb intake (g)	Prot intake (g)	Hydration (ml)	Kcal
Breakfast	1677	177.09	59.7	650	
Snack	169	39.29	2.16	500	382
Lunch	1496	225.23	61.03	500	
Snack	95	20.93	1.56	500	0
Dinner	1865	227.44	107.95	500	
II. dinner	522	62.84	20.4	0	
	5824	752.82	252.8	2650	382
	89.19	11.53	3.87	40.58	E1 %HRR
	25.68	2.71	0.91	9.95	E2 %HRR
	133.2	31.2	1.8	394.8	
	22.91	3.45	0.93	7.66	
	0	0	0	0	
	36.55	4.45	1.97	7.66	

Time (min)	Average BPM	MTB km	RB km	Energy intake (kcal)	
				Breakfast	1527
76	110	0	31.7	Snack	0
				Lunch	1326
0	0	0	0	Snack	1428
				Dinner	691
				II. dinner	0
76		0	31.7		4972
40.67					76.14
0					23.38
					0
	LOW				20.31
					0
					10.58

Day 12 - Speed

Carb intake (g)	Prot intake (g)	Hydration (ml)	Kcal	Time (min)	Average BPM
179.95	61.86	650			
0	0	0	933	141	131
226.7	56.65	500			
211.12	34.08	200	0	0	0
34.2	62.4	500			
0	0	0			
<b>651.97</b>	<b>214.99</b>	<b>1850</b>	<b>933</b>	<b>141</b>	
9.98	3.29	28.33	E1 %HRR	54.67	Kcal/h
2.76	0.95	9.95	E2 %HRR	0	Kcal/kg/h
0	0	0			
3.47	0.87	7.66			MIDDLE
0	0	0			
0.52	0.96	7.66			

MTB km	RB km		Energy intake (kcal)	Carb intake (g)	Prot intake (g)
		Breakfast	1116	126.07	46.26
39.1	0	Snack	277	45.81	4.28
		Lunch	1839	249.12	45.48
0	0	Snack	0	0	0
		Dinner	1624	128.39	81.5
		II. dinner	414	27	4.5
39.1	0		5270	576.39	182.02
397	39.1		80.7	8.83	2.79
6.1			17.09	1.93	0.71
			255.6	42	4.2
			28.16	3.82	0.7
			0	0	0
			31.21	2.38	1.32

Day 13 - Day off

Hydration (ml)	Kcal	Time (min)	Average BPM	MTB km	RB km
650					
750	334	65	114	0	26.5
500					
0	0	0	0	0	0
500					
0					
2400	334	65		0	26.5
36.75	E1 %HRR	43.33			
9.95	E2 %HRR	0			
692.4					
7.66	LOW				
0					
7.66					



Day 14 - Endurance

	Energy intake (kcal)	Carb intake (g)	Prot intake (g)	Hydration (ml)	Kcal
Breakfast	2306	246.89	64.53	650	
Snack	169	39.29	2.16	500	1137
Lunch	1559	132.88	78.18	500	
Snack	0	0	0	0	0
Dinner	913	91.59	50.72	500	
II. dinner	217	31	4.5	0	
	5164	541.65	200.09	2150	1137
	79.08	8.29	3.06	32.92	E1 %HRR
	35.31	3.78	0.99	9.95	E2 %HRR
	52.8	12	0.6	156	
	23.87	2.03	1.2	7.66	
	0	0	0	0	
	17.3	1.88	0.85	7.66	

Time (min)	Average BPM	MTB km	RB km
192	126	0	92.2
0	0	0	0
192		0	92.2
51.33	Kcal/h	355.3	92.2
0	Kcal/kg/h	5.4	
MIDDLE			

		Day 1 - Enc			
		Energy intake (kcal)	Carb intake (g)	Prot intake (g)	Hydration (ml)
Pre-exercise	Breakfast	562	80.56	15.01	450
	Snack	754	80.87	32.38	1250
Post-exercise (Between)	Lunch	1346	96.28	91.52	500
	Snack	0	0	0	0
Post-exercise	Dinner	1043	117.73	56.45	500
	ll. dinner	0	0	0	0
<b>Total</b>		<b>3705</b>	<b>375.44</b>	<b>195.36</b>	<b>2700</b>
Total per kg		53	5.37	2.79	38.63
Pre-E per kg		8.04	1.15	0.21	6.44
During I g(ml)/h		207.6	22.2	9	343.8
Between per kg		19.26	1.38	1.31	7.15
During II g(ml)/h		0	0	0	0
Post-E per kg		14.92	1.68	0.81	7.15

HRR	161	2-week summary	HARD
Rest	42	% HRR	61.1
		Distance	92.4
		Time	242
Weight	69.9	CHO (g/kg/day)	7.5
		PRO (g/kg/day)	3.1
		EI (kcal/kg/day)	73.4
		EE (kcal/h)	608.5
		EE (kcal/kg/h)	8.7

Duration

Kcal	Time (min)	Average BPM	MTB km	RB km	
					Breakfast
1825	218	138	0	99.6	Snack
					Lunch
0	0	0	0	0	Snack
					Dinner
					II. dinner
1825	218		0	99.6	
E1 %HRR	59.63	Kcal/h	502.3	99.6	
E2 %HRR	0	Kcal/kg/h	7.2		
MIDDLE					

(n=7)	MEAN±SD			LOW (n=3)	
	MIDDLE (n=4)				
3.5	58.5	2.3	0	0	
19.4	107.6	7.5	0	0	
32.7	234.3	23.6	0	0	
0.7	6.6	0.9	6.1	1.4	
0.4	3.2	0.3	2.8	0.4	
7.5	65.8	11.8	64.3	9.4	
23	600.9	66.6	0	0	
0.3	8.6	1	0	0	

Day 2 - Endurance

Energy intake (kcal)	Carb intake (g)	Prot intake (g)	Hydration (ml)	Kcal
630	52.94	39.18	250	
0	0	0	0	0
719	91.3	41.56	750	
989	95.11	39.43	1000	2257
				521
1562	134.67	96.45	1000	
437	50.41	14.9	0	
<b>4337</b>	<b>424.43</b>	<b>231.52</b>	<b>3000</b>	<b>2778</b>
62.05	6.07	3.31	42.92	E1 %HRR
9.01	0.76	0.56	3.58	E2 %HRR
0	0	0	0	
10.29	1.31	0.59	10.73	
272.4	26.4	10.8	275.4	
28.6	2.65	1.59	14.31	

Time (min)	Average BPM	MTB km	RB km	Energy intake (kcal)
				Breakfast 811
0	0	0	0	Snack 799
				Lunch 1547
218	137	0	103.8	Snack 0
56	132	13.3	0	
				Dinner 416
				II. dinner 1736
274		13.3	103.8	5309
0	Kcal/kg/h	608.3	117.1	75.95
57.45	Kcal/kg/h	8.7		11.6
				236.4
				22.13
	MIDDLE			0
				30.79

Day 3 - Endurance

Carb intake (g)	Prot intake (g)	Hydration (ml)	Kcal	Time (min)	Average BPM
83.62	33.14	700			
84.1	36.27	1250	2185	203	145
113.21	76.02	500			
0	0	0	822	86	140
38.73	21.88	500			
198.75	48.17	700			
518.41	215.48	3650	3007	289	
7.42	3.08	52.22	E1 %HRR	63.98	Kcal/kg/h
1.2	0.47	10.01	E2 %HRR	60.87	Kcal/kg/h
24.6	10.8	369.6			
1.62	1.09	7.15			HARD
0	0	0			
3.4	1	17.17			

MTB km	RB km		Energy intake (kcal)	Carb intake (g)	Prot intake (g)
		Breakfast	573	45.62	30.15
0	97.3	Snack	10	1.5	1
		Lunch	1697	216.35	71.6
22.4	0	Snack	216	25.25	5.1
		Dinner	1315	94.64	60.35
		II. dinner	800	68.1	32.6
22.4	97.3		4611	451.46	200.8
624.3	119.7		65.97	6.46	2.87
8.9			8.2	0.65	0.43
			0	0	0
			24.28	3.1	1.02
			432	50.4	10.2
			30.26	2.33	1.33



Day 4 - Day off

Hydration (ml)	Kcal	Time (min)	Average BPM	MTB km	RB km
450					
500	0	0	0	0	0
250					
250	277	30	0	9.3	0
500					
500					
2450	277	30		9.3	0
35.05					
6.44					
0					
3.58			LOW		
499.8					
14.31					

Day 5 - Endurance

	Energy intake (kcal)	Carb intake (g)	Prot intake (g)	Hydration (ml)	Kcal
Breakfast	704	86.9	26.53	450	
Snack	90	20.4	1.58	250	1431
Lunch	1906	158.08	86.43	750	
Snack	101	13.98	6	250	591
Dinner	1979	163.91	109	250	
ll. dinner	295	1.6	1.2	0	
	5075	444.87	230.74	1950	2022
	72.6	6.36	3.3	27.9	E1 %HRR
	10.07	1.24	0.38	6.44	E2 %HRR
	42	9.6	0.6	117	
	27.27	2.26	1.24	10.73	
	86.4	12	5.4	214.2	
	32.53	2.37	1.58	3.58	



Day 6 - Speed

Carb intake (g)	Prot intake (g)	Hydration (ml)	Kcal	Time (min)	Average BPM
60.49	9.28	450			
46.22	36.24	0	1196	107	144
127.51	31.78	100			
32.48	6.2	1000	771	87	130
199.01	88.18	500			
14.1	9.81	0			
479.81	181.49	2050	1967	194	
6.86	2.6	29.33	E1 %HRR	63.35	Kcal/kg/h
0.87	0.13	6.44	E2 %HRR	54.66	Kcal/kg/h
25.8	20.4	0			
1.82	0.45	1.43			HARD
22.2	4.2	689.4			
3.05	1.4	7.15			

MTB km	RB km		Energy intake (kcal)	Carb intake (g)	Prot intake (g)
		Breakfast	1521	151.37	56.42
29.7	0	Snack	0	0	0
		Lunch	1865	217.54	52.16
0	39.2	Snack	229	39.79	10.08
		Dinner	1234	142.9	88.39
		II. dinner	1047	43.45	22.8
29.7	39.2		5896	595.05	229.85
608.4	68.9		84.35	8.51	3.29
8.7			21.76	2.17	0.81
			0	0	0
			26.68	3.11	0.75
			106.8	18.6	4.8
			32.63	2.67	1.59

Day 7 - Power

Hydration (ml)	Kcal	Time (min)	Average BPM	MTB km	RB km
450					
500	1307	136	146	36.4	0
0					
1000	1185	129	139	0	59.3
1000					
0					
2950	2492	265		36.4	59.3
42.2	E1 %HRR	64.6	Kcal/kg/h	564.2	95.7
6.44	E2 %HRR	60.25	Kcal/kg/h	8.1	
220.8					
0	HARD				
465					
14.31					

Day 8 - Day off

	Energy intake (kcal)	Carb intake (g)	Prot intake (g)	Hydration (ml)	Kcal
Breakfast	1400	142.27	53.59	700	
Snack	0	0	0	0	0
Lunch	814	53.84	53.8	1000	
Snack	377	47.39	10.36	250	0
Dinner	1042	56.97	46.85	350	
II. dinner	0	0	0	0	
	3633	300.47	164.6	2300	0
	51.97	4.3	2.35	32.9	
	20.03	2.04	0.77	10.01	
	0	0	0	0	
	11.65	0.77	0.77	14.31	
	0	0	0	0	
	14.91	0.82	0.67	5.01	

Time (min)	Average BPM	MTB km	RB km	Energy intake (kcal)
				Breakfast 1914
0	0	0	0	Snack 85
				Lunch 1530
0	0	0	0	Snack 85
				Dinner 857
				II. dinner 955
0		0	0	5426
				77.63
				27.38
				33.6
	LOW			21.89
				49.8
				25.92



Day 9 - Endurance

Carb intake (g)	Prot intake (g)	Hydration (ml)	Kcal	Time (min)	Average BPM
186.88	74.44	700			
19.65	1.08	500	1636	151	146
135.44	71.01	500			
19.43	0.56	500	947	102	133
107.26	44.74	1500			
35	7.5	350			
503.66	199.33	4050	2583	253	
7.21	2.85	57.94	E1 %HRR	64.6	Kcal/kg/h
2.67	1.06	10.01	E2 %HRR	56.52	Kcal/kg/h
7.8	0.6	198.6			
1.94	1.02	7.15			HARD
11.4	0.6	294			
2.04	0.75	26.47			

MTB km	RB km		Energy intake (kcal)	Carb intake (g)	Prot intake (g)
		Breakfast	1209	114.68	61.64
0	65.4	Snack	0	0	0
		Lunch	1930	286.32	132.8
0	44.6	Snack	346	53.84	17.48
		Dinner	863	97.02	44.55
		II. dinner	253	44.14	7.4
0	110		4601	596	263.87
612.6	110		65.82	8.53	3.77
8.8			17.3	1.64	0.88
			0	0	0
			27.61	4.1	1.9
			163.2	25.2	8.4
			15.97	2.02	0.74

Day 10 - Speed

Hydration (ml)	Kcal	Time (min)	Average BPM	MTB km	RB km
750					
0	1500	133	152	36.3	0
800					
500	1289	127	134	0	60.48
1000					
0					
3050	2789	260		36.3	60.48
43.63	E1 %HRR	68.32	Kcal/kg/h	643.6	96.78
10.73	E2 %HRR	57.14	Kcal/kg/h	9.2	
0					
11.44	HARD				
236.4					
14.31					

Day 11 - Endurance

	Energy intake (kcal)	Carb intake (g)	Prot intake (g)	Hydration (ml)	Kcal
Breakfast	1174	109.05	66.95	1150	
Snack	0	0	0	500	2645
Lunch	1365	203.69	57.21	750	
Snack	95	20.93	1.56	500	0
Dinner	1098	117.98	73.21	500	
II. dinner	675	64.39	21.5	750	
	4407	516.04	220.43	4150	2645
	63.05	7.38	3.15	59.37	E1 %HRR
	16.8	1.56	0.96	16.45	E2 %HRR
	0	0	0	130.2	
	19.53	2.91	0.82	10.73	
	0	0	0	0	
	25.36	2.61	1.35	17.88	

Time (min)	Average BPM	MTB km	RB km	Energy intake (kcal)	
				Breakfast	1121
230	141	0	112.6	Snack	65
				Lunch	2225
0	0	0	0	Snack	533
				Dinner	813
				II. dinner	472
230		0	112.6		5229
61.49	Kcal/kg/h	690	112.6		74.81
0	Kcal/kg/h	9.9			16.04
					0
	MIDDLE				31.83
					0
					18.38

Day 12 - Day off

Carb intake (g)	Prot intake (g)	Hydration (ml)	Kcal	Time (min)	Average BPM
120.82	51.1	900			
14.76	0.88	0	0	0	0
230.35	78.6	250			
86.19	14.28	750	0	0	0
27.25	48	500			
54.25	34.5	0			
533.62	227.36	2400	0	0	
7.63	3.25	34.33			
1.73	0.73	12.88			
0	0	0			
3.3	1.12	3.58			LOW
0	0	0			
1.17	1.18	7.15			

MTB km	RB km		Energy intake (kcal)	Carb intake (g)	Prot intake (g)
		Breakfast	1306	152.51	56.73
0	0	Snack	0	0	0
		Lunch	1782	236.3	44.38
0	0	Snack	668	56.6	8.5
		Dinner	1228	65.51	61.26
		II. dinner	424	18.8	3.6
0	0		5408	529.72	174.47
			77.37	7.58	2.5
			18.68	2.18	0.81
			0	0	0
			25.49	3.38	0.63
			374.4	31.8	4.8
			23.63	1.21	0.93

Day 13 - Speed and power

Hydration (ml)	Kcal	Time (min)	Average BPM	MTB km	RB km
700					
0	1240	128	141	31.2	0
500					
0	1084	107	139	29.6	0
1000					
0					
2200	2324	235		60.8	0
31.47	E1 %HRR	61.49	Kcal/kg/h	593.4	60.8
10.01	E2 %HRR	60.25	Kcal/kg/h	8.5	
0					
7.15	HARD				
0					
14.31					



Day 14 - Endurance

	Energy intake (kcal)	Carb intake (g)	Prot intake (g)	Hydration (ml)	Kcal
Breakfast	1531	145.19	60.81	1750	
Snack	312	43.44	19	500	2161
Lunch	1856	134.48	79.48	500	
Snack	195	23.79	2.3	250	0
Dinner	1074	94.54	59.27	500	
ll. dinner	984	86.85	40.2	0	
	5952	528.29	261.06	3500	2161
	85.15	7.56	3.73	50.07	E1 %HRR
	21.9	2.08	0.87	25.04	E2 %HRR
	87	12	5.4	139.8	
	26.55	1.92	1.14	7.15	
	0	0	0	0	
	29.44	2.59	1.42	7.15	

Time (min)	Average BPM	MTB km	RB km
215	131	0	101
0	0	0	0
215		0	101
55.28	Kcal/kg/h	603.1	101
0	Kcal/kg/h	8.6	
MIDDLE			

2-week summary	MEAN±SD					
	HARD (n=26)		MIDDLE (n=18)		LOW (n=12)	
% HRR	58.7	4.8	59.3	4	0	0
Distance	100.3	13.5	96.7	10.5	0	0
Time	267.6	18	221.8	9.3	0	0
CHO (g/kg/day)	8.4	0.9	7.6	1.2	7.8	1.7
PRO (g/kg/day)	3.1	0.2	3.3	0.1	3.1	0.3
EI (kcal/kg/day)	75.5	3.5	72.2	7.3	73.6	9.5
EE (kcal/h)	473.8	106.8	457.5	124.1	0	0
EE (kcal/kg/h)	6.6	1.5	6.4	1.8	0	0