

The doctor's advices

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Introduction

The human body works in a way similar to the workings of a car, since it generates the energy which is necessary to support all its vital functions by burning up fuel which is introduced into the diet by food.

Sugar (fruit, vegetables, cereals and their by-products, etc.) and fats (vegetable and animal fats) are high-calory food.

Sugar can be compared to four-star petrol for our body, because we burn them up first in case of exertion, while fats can be compared to diesel fuel, since they require a higher oxygen level to be burnt up and thereby supply energy. They need a longer time to be burnt, so we use them during a prolonged effort with low intensity.

The quantity of stored sugar is lower than that of stored fats: fat reserves are almost unlimited even in thin subjects, while the total quantity of sugar is about 500g., and it is stored in the muscles (400g.) and in the liver (100g.), so it has to be replaced everyday through the diet, which will be richer in sugar for those who regularly take exercise than in the diet for sedentary persons.

The diet

Our sugar reserves are not sufficient for the energy requirements which are needed to cover “the climbs of the champions”, so it is necessary to supplement them with integrators along the way.

If sugar reserves run low, the cyclist is compelled to reduce his effort (due to a lack of the “four-star petrol”), and at the same time the fat reserves (the “diesel fuel”) are not correctly burnt.

Breakfast

Before cycling on the “the climbs of the champions” it is advisable to fill up the muscle and liver reservoirs. For breakfast you should have food which is rich in sugar (fruit, cereals, sweet food etc.) but in a moderate quantity: once the reservoirs are full, the excess sugar will be turned into fat, which will have a negative effect on your performance.

When cycling

It is advisable to drink sweetened drinks regularly along the way, in order to supply the required energy to the muscles and to save the fat reserves for the most difficult parts.

Dinner

After having successfully completed the route of “the climbs of the champions”, you deserve a good dinner: your efforts can be rewarded with a generous helping of pasta or “tjarin” served with a light sauce.

You can also taste local sausages, the Murazzano cheese and “carne all'albese” (thin slices of raw veal served with oil, lemon and pepper), as well as well balanced dishes which enhance the basic ingredients.

Don't forget to stop off at one of the associated restaurants and moderately fill up your reservoir with the specialities of the Higher Langa!

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