

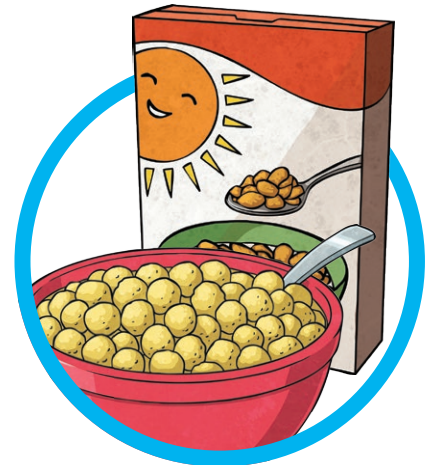
An Average Day for a Tour de France Competitor

Rise and Shine

Riders stay in hotels during the race. They wake up about three hours before the start of each stage.

Breakfast choices include yoghurt, eggs, porridge, cereal, bread and fruit. Coffee, juice or smoothies are popular morning drinks.

Riders have to try and eat thousands of calories every day. A banana contains around 90 calories.



Team Talks

The cyclists travel to the start of the stage race in their team bus. They eat snacks such as energy bars and rice cakes and have energy drinks. This can also be a time for the team to talk tactics ready for the race.



Stage Facts

Each stage takes around five hours to complete. Some stages are flatter than others. During some parts of the race, riders chat to each other and sometimes swap food!

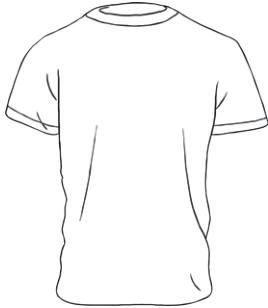
Food to Go

Cyclists must eat and drink during the race. They might eat sandwiches, rice cakes or energy bars, but, as the race becomes harder, cyclists take on energy gels, which are easy to eat and provide a high number of calories.

Riders begin the race with gels and food in their pockets and collect more supplies from the team car as they continue.

Awards

At the end of each stage, cyclists are awarded with different coloured jerseys

The White Jersey	The Polka-Dot Jersey	The Green Jersey	The Yellow Jersey
			
The white jersey is awarded to the best young rider.	The polka-dot jersey is awarded to the best climber.	The green jersey is awarded to the best sprinter.	The yellow jersey is awarded to the overall race leader.

Before Bed

After the race, it is important for riders to drink and eat. Some cyclists shower on the bus on the way back to the hotel.

An evening meal might start with salad or soup. The main meal is usually a meat or fish dish with potatoes, pasta or rice and vegetables.

Before bed, riders might eat nuts, fruit or cake.

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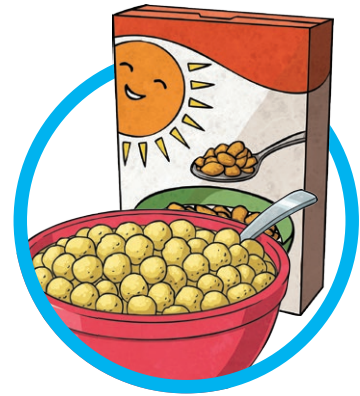
Rise and Shine

During the race, cyclists usually stay in different hotels. Riders get up around three hours before the start of each stage.

Many riders drink juice when they wake up; fluid intake can be up to 10 litres each day. Fruit juice is a great source of energy and nutrients.

Breakfast choices include muesli, yoghurt, eggs, porridge, cereal, bread and fruit. Rice and pasta is also popular. Riders try to eat anything between 5,000 and 7,000 calories every day, depending on how challenging each stage will be. On average, a banana contains 90 calories.

Coffee, orange juice or smoothies are popular morning beverages.



Team Talks

The competitors get onto their team buses, which transport them to the start of the stage race. This is another opportunity for a snack and drink such as an energy bar, rice cakes and energy drinks. Either whilst on the bus, or upon arrival at their destination, team strategies are discussed. Cyclists get dressed ready for the race.

Stage Facts

Each stage takes around five hours to complete and some stages are flatter than others. During some parts of the race, riders chat to each other and sometimes swap food!



Food to Go

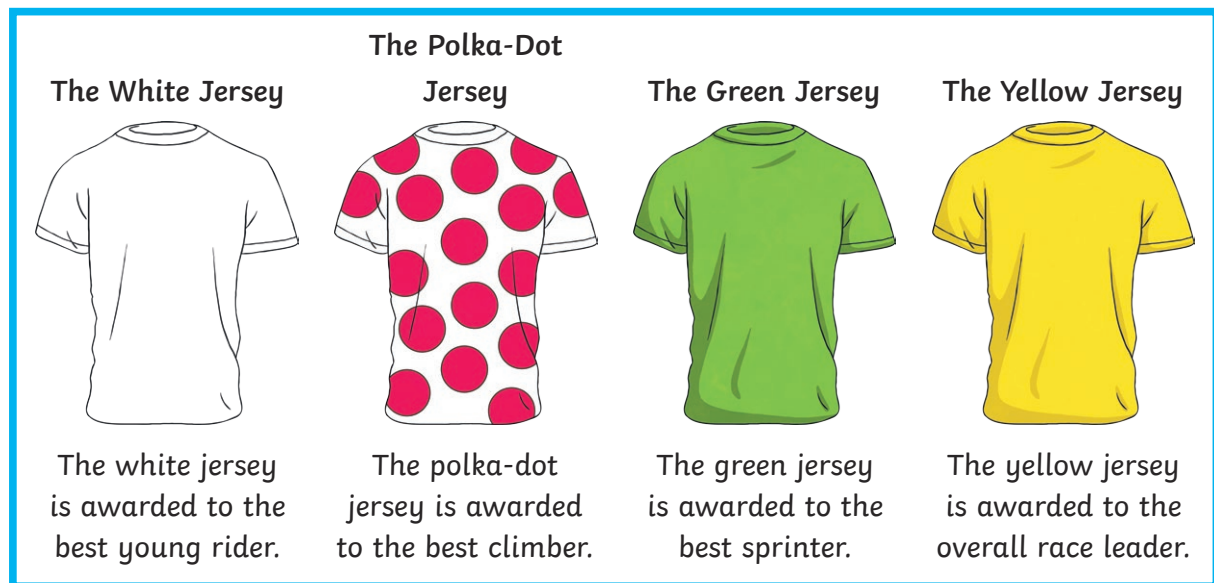
Cyclists must eat and drink during the race. They usually eat solids such as sandwiches, rice cakes or energy bars, but, as the race becomes more challenging, cyclists take on energy gels, which are easy to eat and provide a high number

of calories.

Riders begin the race with gels and food in their pockets and collect more supplies from the team car as they continue. They try to eat 2-3 pieces of race food every hour, including energy drinks, plus extra water.

Awards

At the end of each stage, cyclists are awarded with different coloured jerseys. The white jersey is awarded the best young rider, the red polka-dot jersey is given to the best climber, the green jersey is for the best sprinter and the yellow jersey is awarded to the race leader.



Refuelling Before Bed

After the race, it is important for riders to rehydrate. Some cyclists shower on the bus then eat a snack such as a sandwich or energy bar.

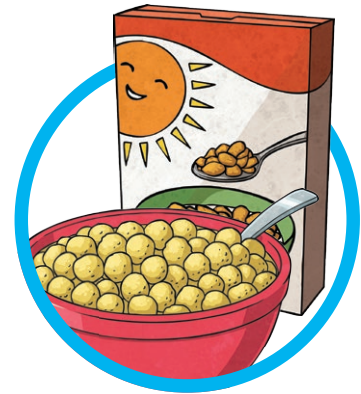
A typical evening meal might begin with salad or soup. The main meal usually consists of meat or fish with potatoes, pasta or rice and vegetables. The meal varies depending on the stage to come.

Before bed, competitors might eat nuts, fruit, cake or cereal.

An Average Day for a Tour de France Competitor

During the race, cyclists usually stay in different hotels. Riders get up around three hours before the start of each stage, but this can vary depending on how close they are to the start line and the time the race begins.

Many riders drink juice when they wake up; fluid intake can be anything up to 10 litres per day. Fruit juice is a great source of energy and nutrients.



Breakfast choices include muesli, yoghurt, eggs, porridge, cereal, bread and fruit. Rice and pasta is also popular. Riders are advised to consume anything between 5,000 and 7,000 calories every day, depending on the intensity of the stage. On average, a banana contains 90 calories. Coffee, orange juice or smoothies are typical morning beverages.

Following breakfast, the competitors get onto their team buses, which transport them to the start of the stage race. This is another opportunity for a snack such as an energy bar, rice cakes and energy drinks to aid hydration. Either whilst on the bus, or upon arrival at their destination, team strategies are discussed. Cyclists get dressed ready for the race.

Each stage takes around five hours to complete. In 2015, the quickest time trial during stage one of the 2015 tour was an average of 34.5mph. Some stages are flatter than others. During some parts of the race, riders chat to each other and sometimes trade food!



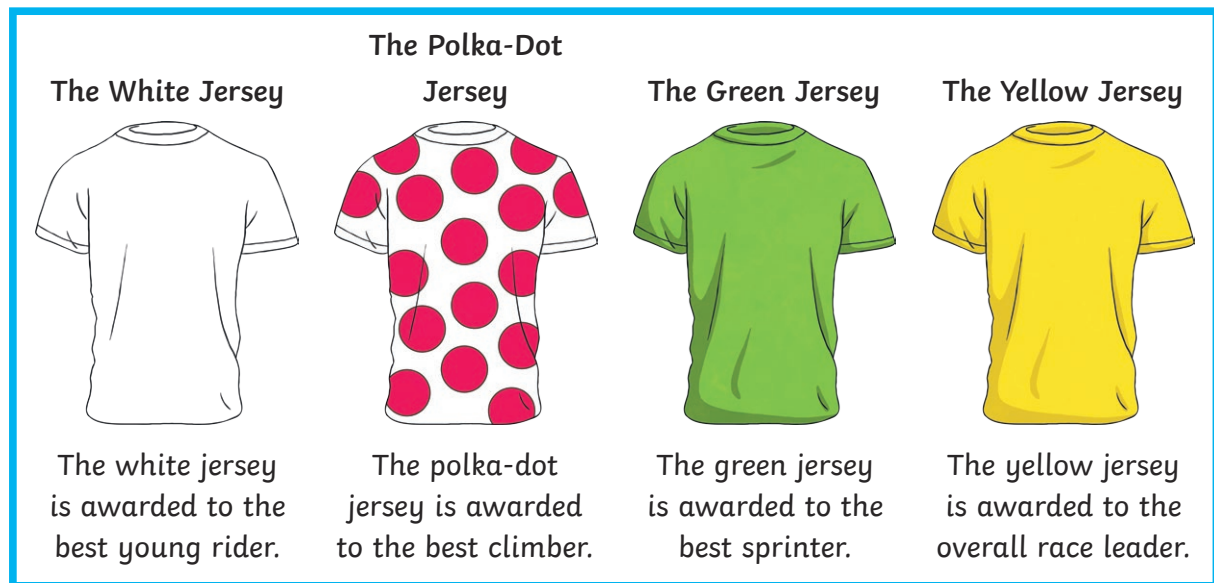
Cyclists must eat and drink during the race. They usually eat solids such as sandwiches, rice cakes or energy bars, but, as the race becomes more challenging, cyclists take on energy gels, which are easy to eat and provide a high number of calories. Riders begin the race with gels and food in their pockets and collect more supplies from the team car as they continue. They are advised to eat 2-3 pieces of race food every hour, including energy drinks, plus additional water.

During each stage, toilet breaks can be called by the race leader whenever they wish. The rest of the peloton

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slows down and this is their opportunity to stop and go to the toilet too. If the race leader doesn't call a break, some cyclists 'go' whilst on the move!

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After the race, it is important for riders to rehydrate. Some cyclists shower on the bus then eat a snack such as a sandwich or energy bar.

A typical evening meal might begin with salad or soup. The main meal usually consists of meat or fish with potatoes, pasta or rice and vegetables. The meal varies depending on the stage to come. The harder the stage will be, the more carbohydrates served at meal time.

Before bed, competitors might eat nuts, fruit, cake or cereal.