

Fueling

[GCN - How to fuel for a 100 mile ride](#)

- Hourly carb intake can be anywhere from 30 to 90 grams per hour
 - 1-3 hours target 30 to 60 grams per hour
 - longer or harder rides target 60 to 90 grams per hour
 - Starting with glycogen stored before the ride
 - We have 60 to 120 minutes of glycogen stored in muscles if you're well stocked.
 - Hydration
 - Depends more on weather conditions
 - Hydration affects the ability to process fuel
 - Reminders during a ride
 - Set alarms
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