INSIDE THE BIDON

A1 COACHING
ROAD • CYCLOCROSS • TRACK • TRIATHLON • SPORTIVE
FORWARD
Since these sports drinks don’t contain preservatives, the shelf life is not as long as commercial sports drinks. Refrigerate and drink within a few days. Also, be sure to test these drinks out in training before using them in race settings.
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Homemade Iced Coffee  
Ref: diynatural.com

Place the coffee and sugar (or substitute) in the jar. Crush the fruit and add to the jar. Cover with the water and mix together.

Place in the refrigerator and let sit overnight. The next day, strain the liquid through a coffee filter. You can also use a french press if you wish. Whatever solids are left can be thrown in the compost. The liquid that is left can be consumed as it is over ice, or you can refrigerate it for a few days. You may need more or less sugar depending on your taste buds.

This drink has about three times the caffeine and much less acidity than traditional brewing methods.

Caffeine:

One of the lesser known benefits of caffeine is that it appears to be one of the most effective methods for reducing DOMS. A dose of 5mg/kg of bodyweight of caffeine pre-workout has been shown to produce significantly less muscle soreness. This is equivalent to about 2.5 cups of coffee.

Note: Choose the best quality coffee/beans possible, and if making yourself, use a filter style.


Ingredients

8 cups filtered cold water
200g organic coffee, ground
3 tablespoons organic raw sugar (or another natural sweetener)
¼ cup fruit (I’ve used blueberries and cherries)
2 litre jug or jar
Ginger Electrolyte Drink

Post Training

This is a good sports drink replacement post training.

It may help to have your base liquid warm so that the salt and honey will dissolve in it.

Either freeze the concentrate and mix with water when needed, or add more water to taste and use straight away.

Ingredients

1/2 litre of ginger water, recipe below
1 litre of water
juice of 3 small lemons
1/4-1/2 tsp. sea salt
Stevia or raw honey to taste

Ginger Water:
1 medium-sized ginger root
1 litre of water
liquid stevia, or raw honey to taste

1. Cut ginger into large coins and place into a large pot. Add water.
2. Bring water to a boil and then simmer for 15 minutes. Shut off heat and let the ginger water steep until cool.
3. Add liquid stevia/raw honey to taste and store in an airtight container, or jar in the fridge.

Cook with Ginger to combat DOMS
Consuming 2 grams of ginger reduces the inflammation that coincides with intense muscle damage, according to recent studies. In fact, ginger has properties that mimic pain relieving anti-inflammatory drugs, but without the negative side effects on your stomach or liver.

Blueberry Iced Green Tea

Ref: Closet Cooking.com

Bring 2 cups of water to a boil. Add in half a cup of room temperature water and add the green teabags to steep for 10 minutes.

Remove the teabags, add the remaining water, and add the blueberry syrup to taste. Serve chilled or with crushed ice.

To make Blueberry Syrup:

1 cup blueberries
1 cup water
1/2 cup sugar
1/2 a lemon, juiced

Place the blueberries, sugar, and water into a large saucepan and bring to a boil. Simmer for 15 minutes on a low heat.

Strain the solids from the juice using a fine sieve and stir in the lemon juice. Store in a jar in the fridge.

Ingredients

8 cups of water
4 green teabags
1 cup of blueberry syrup or to taste
Ice

Eat Blueberries

The bioactive nutrients in blueberries are good for your heart and brain. They also lead to less soreness and faster restoration of strength, due to the fact that the anti-inflammatory compounds in blueberries help remove the waste products produced during training.

Blueberry Iced Green Tea
Turmeric Milk

Post workout

Ingredients

3 cups unsweetened almond milk
4 ozs coconut milk
1.5 tsps. Turmeric powder
Pinch black pepper (black pepper aids absorption of turmeric)
1/2 inch piece ginger, peeled
1/2 tsp cinnamon
1/4 tsp cardamom (optional)
2 tblspns maple syrup

Blend all the ingredients in a blender until smooth. Store in an airtight container in the fridge for up to 4 days.

Serve this cold post workout, or warm, the night before a race to aid a good night’s sleep.

Use Turmeric

Curcumin is a compound found in the herb turmeric, and is well known for reducing inflammation.

In a study, male subjects who took 2.5 grams of curcumin twice a day had significantly less muscle pain than a placebo group after doing the same amount of single-leg muscle damaging jumps. There was evidence of enhanced recovery of muscle performance as well.

Turmeric can be a delicious addition to meals and savoury beverages.

Coconut Water

Benefits of Coconut Water

If you love drinking soda and juices, then this can be a much healthier alternative.

It has all the same isotonic benefits as a formulated sports drink, but without all the colourings, additives and refined sugar.

You don’t need to add anything to coconut water; it naturally contains all the electrolytes, including the calcium, magnesium, and potassium found in formulated sports drinks plus many more. And it naturally tastes great.

Tip: It is recommended to have 1-2 glasses daily. Make sure you check the ingredients and don’t bother with a brand that has added sugar and preservatives.
8 Health Benefits of Coconut Water

- Aids in Losing Weight
- Detoxifies the Body
- Helps Against Diabetes
- Fights Fatigue & Restores Energy

- Lowers Blood Pressure and Boosts Cardiovascular Health
- Improves Digestion
- Facilitates Muscle Building
- is Great for Skin
Watermelon Magical Recovery Drink

Watermelon has been proven to help prevent muscle soreness.

Beetroots are high in nitrates, and proven to increase endurance in cyclists.

Coconut water is high in potassium, magnesium and other nutrients, essential to help prevent muscle cramps.

Combine all the ingredients in a blender until thoroughly smooth.

Pour into your bidon or a glass, straining through a sieve if you want to eliminate seeds and pulp.

Ingredients

2 cups watermelon (frozen)
1 cup coconut water
1-2 cooked beetroots
Optional: dilute with more water


Authors: Martha Patricia Tarazona-Diaz, Fernando Alacid, Maria Carasco, Ignacio Martinez, Encarno Aguayo

Cherry Lemon Sports Drink

Ingredients

75mls tart cherry juice
30mls lemon juice (about 1/2 of an extra large lemon)
2.5 tablespoons of raw honey
800mls of cold water
1/4 tsp. salt

Combine tart cherry juice, lemon juice, and honey in a litre water bottle. Then add enough water to fill the bottle. Add salt. Shake vigorously until the honey has completely dissolved into the beverage. Chill and serve.

Cherries are a proven anti-inflammatory, and may have some usefulness for general muscle soreness. One study involving a group of long distance runners found that tart cherry juice significantly reduced post-exertion pain.

Similar to blueberries, tart cherries provide polyphenols, that reduce DOMS and may help to recuperate strength faster. Avoid drinking milk products at the same time as cherries or berries because there is evidence that the protein in milk will inhibit antioxidant activity in the body. Wait at least an hour after a whey protein shake (contains milk) to get your tart cherries.

Basic Broth

Ref:
www.healthguidehq.com
Prof. Tim Noakes

Ingredients

For chicken bone broth:
1 cooked chicken carcass, broken up (keep bones whenever possible)
1 chopped onion
5-6 peppercorns
1 chopped carrot
1-2 bay leaves
Enough water to cover everything.

Avoid boiling, but leave on the stove (or ideally in a slow cooker) at the lowest temperature for 2-12 hours. Once the broth has flavour, strain everything through a sieve. You can then boil it if you wish, to reduce the volume and concentrate the flavours.

For basic vegetable broth: (1 hour)
Add the following (chopped) to 1 tbspn. olive oil in a pot, and cook for 5-10 minutes, stirring, then add the water and salt and simmer for 30 minutes. Strain the veggies.
1 onion, 2 stalks celery, 2 large carrots, 8 sprigs parsley, 6 sprigs thyme, 2 bay leaves, 5 cloves minced garlic, 1 bunch green onions.

Although people usually crave an ice cold beverage after a workout, it actually makes more sense to have something warm. Adding something ice cold to a hot system can shock the body and energy is needed to warm the beverage before it can be digested.

Warm broth, on the other hand, is more quickly absorbed. A real bone broth, not anything out of a can or carton, but a stock you’ve made yourself, is a mineral-rich (from the bones) and protein-dense alternative to sports drinks. If you’re not into meat-eating, veggie broth, while not as rich in proteins, will still contain minerals and antioxidants for post workout repair.

Tip: It is normal for a layer of scum and fat to collect on the surface of your bone broth. If it is murky then it should be skimmed off and thrown away. If it is clear or golden it should be kept.

If the bones are not already roasted, roast them in the oven until they are lightly browned. You can use raw bones but the roasted flavour is far better.

For the vegetable broth, add any other vegetable ingredients you fancy, don’t be limited to this.
Omega 3 Fats

Not recommended for the bidon. Drink at least 2 hrs pre-workout.

Ref: The Nourishing

‘Next Generation’ Omega 3 sports drinks are soon to be seen in the sports drinks world.

Chia seeds are a great source of omega 3 fatty acids.

Directions: Make 1 cup of strong green tea.

Remove tea bag and soak your chia seeds in this tea for 15-30 minutes. It will turn into a ‘gel’ like mixture. Mix this well with the rest of the ingredients.

Play around with proportions until you get a mix that you like.

You can store chia gel covered in the fridge for up to 2 weeks. Add some to smoothies/juices to give a nutritional boost.


Ingredients

You can mix your own drink using a juice of choice, a tablespoon of chia seeds, and water, or you can try this concoction.

Chia Aid Sports Drink

2 cups of water
1 organic green tea bag
2 tbsps. chia seed gel
Pinch sea salt
2 tbsps. Lemon juice
1 tbsp. melted raw honey or sweeten to taste

Overall, the study results suggest that omega-3 fatty acids may help to improve the body’s reaction to exercise-induced stress, with potential benefits for the immune system. Studies also suggest that fish oil supplements may help to improve heart and lung function, and may also improve reaction time in athletes by improving attention.
Chia Aid Sports Drink
Alternative Sports Drink

As an adaptogen, Tulsi makes an excellent choice for hydration while exercising because it can help the body adjust to the increased physical stress and may even increase endurance.

You can purchase Tulsi (Holy Basil) Tea online, or in a good health food shop.

Boil the water, add the tulsi tea and let it steep (off the heat and covered) for 10-20 minutes. Strain. Let it cool to room temperature before adding the honey to preserve the enzymes in the honey. Mix in salt and minerals to taste. It keeps in the fridge for probably a week.

Ingredients

- 8 cups filtered water
- 6 teaspoons loose tulsi tea, OR 6 teabags of it
- 3 Tbs. raw honey (or more to taste)
- Big pinch of unrefined salt (adjust to taste)
- 15 drops trace minerals (approximately), optional but recommended
Adaptogenic Sports Drink.
Alternative Sports Drink | Wellness Mama.com

No 2

Brew the tea, or warm the base liquid that you are using.
Add the sea salt and calcium magnesium supplement.
Add the juice of choice and shake or mix well.

Let cool and store in the fridge until ready to use.

Tip: Put 100mls pure water into your plastic water bottle. Lie it on its’ side in your freezer overnight (glass water bottles will crack if you do this).
Pour the homemade sports drink into your water bottle and you have a ready-made large ice cube inside the bottle to chill your drink.

Ingredients

250-500mls liquid
(options: green tea, herbal teas, coconut water, plain water)

1/4-1/8 tsp. Himalayan Sea Salt

1/4-1/2 tsp crushed calcium magnesium tablets, or powder

1/4 cup or more of juice (optional)
Can use grape, apple, lemon/lime

1-2 tblspns sweeter of choice: e.g. honey, liquid stevia etc.
Alternative Sports Drink DIY natural.com

No 3

Juice lemon and lime, straining out any seeds (and pulp if you wish). Add all ingredients to a container with a tight-fitting lid and shake well until honey and salt are dissolved. Chill in the refrigerator.

Ingredients

- 3 cups filtered water
- ¼ cup local raw honey
- ¼ teaspoon sea salt
- Juice of 1 lemon and 1 lime (about ⅓ cup).

Feel free to use all lemons or all limes.

Notes:

Everyone’s taste buds are different, so feel free to add more or less of any ingredient to make the perfect formula for your taste.

Use whichever natural sweetener you prefer. If using cane sugar, 3-4 teaspoons should be enough in the above recipe.

Natural sea salt and honey contain electrolytes, sugar does not. The salt replaces sodium lost through sweat and helps the body rehydrate faster by aiding the body in quicker absorption of fluids.
Homemade Natural Sports Drink Recipe
The following resources were used in compiling this e-book:

Greatist.com
WellnessMama.com
DailyBurn.com
Gabby’s Gluten Free.com
Run Eat Repeat.com
NutritionSuccess.org
HealthGuidehq.com
Fitbodybuzz.com
Kris Carr.com
Beverage Daily.com
Mama Natural.com
The Nourishing Home.com
24 Hours of Adrenalin.com
Prof. Tim Noakes
All Recipes.com

Note: Some recipes have been modified from their original form.
Feel free to vary the ingredient amounts to suit your own tastes.