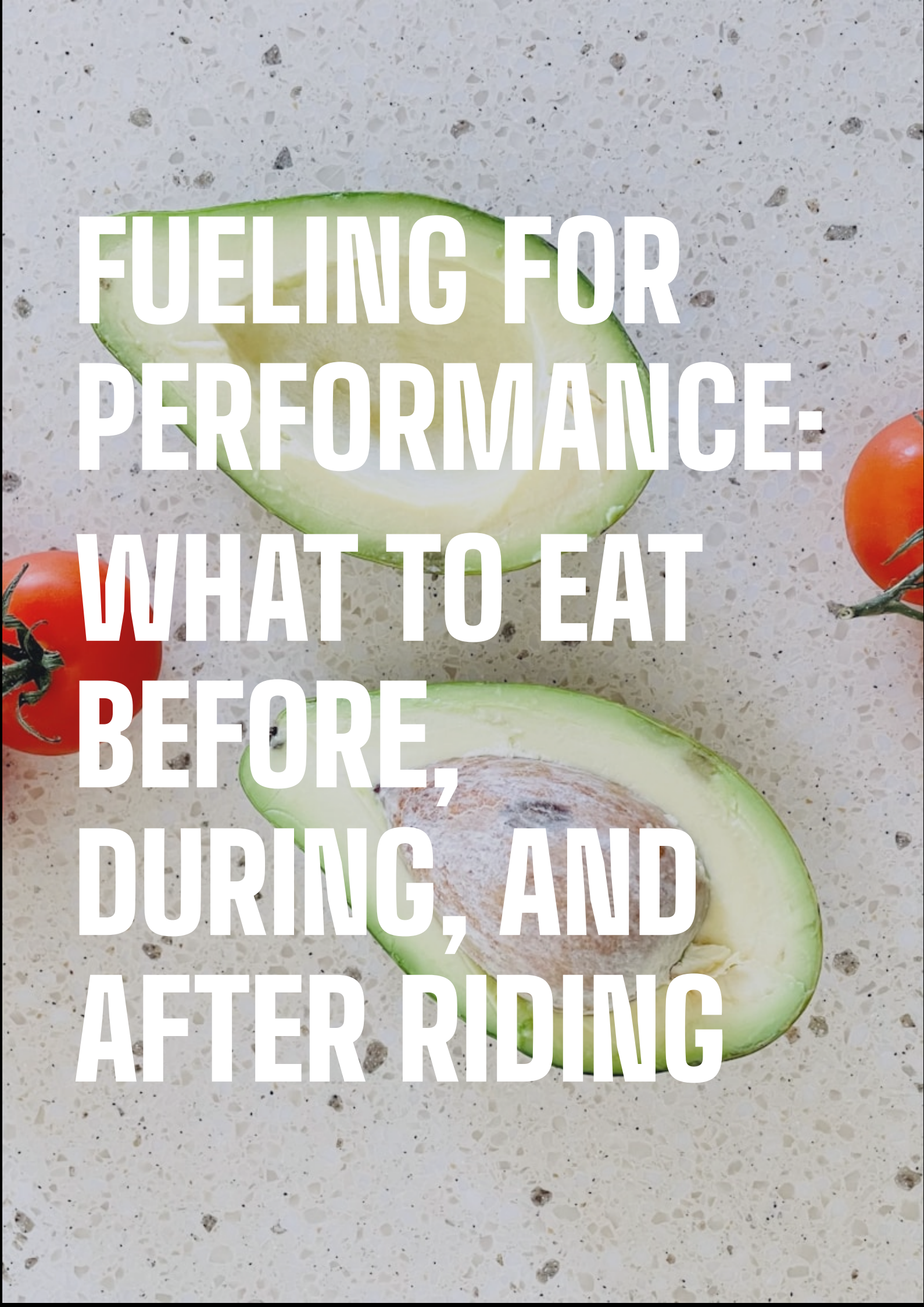




FUELING FOR PERFORMANCE: WHAT TO EAT BEFORE, DURING, AND AFTER RIDING

INTRODUCTION

Motocross isn't just about skill and endurance—it's also about fueling your body with the right nutrition to perform at your best. Whether you're gearing up for a long training session, a race day, or recovering from a tough ride, what you eat can make a huge difference in your energy levels, focus, and recovery time. In this guide, we'll break down the best whole-food nutrition strategies for before, during, and after riding. Plus, we'll include dairy-free options for those who need or prefer to avoid dairy.



HI, I AM COACH ROBB!

I've been living and breathing motocross for as long as I can remember. From racing to coaching, I've spent years honing my skills and helping riders push their limits while staying safe and having fun. As a certified professional coach, my goal is to make motocross not just about speed, but about **control, confidence, and longevity** in the sport.

Beyond riding, I'm a big believer that what you put into your body affects how you perform on the bike. **Fueling up with the right foods, staying hydrated, and focusing on recovery** are just as important as perfecting corner speed or hitting a jump smoothly. I'm all about helping riders build strength, endurance, and smart habits that keep them riding strong for years to come. Whether it's fine-tuning technique, dialing in fitness, or just sharing the love of the sport, I'm here to help riders reach their full potential—one lap at a time.



THE IMPORTANCE OF TRACKING MACRONUTRIENTS AND MICRONUTRIENTS

While macronutrients (carbohydrates, protein, and fats) provide the bulk of your energy, micronutrients (vitamins and minerals) play a critical role in muscle function, recovery, and overall health. Tracking your intake of both ensures that your body has the necessary elements to perform optimally and recover efficiently.

KEY MACRONUTRIENTS FOR RIDERS:



- **Carbohydrates:** Primary fuel source for endurance and high-intensity activities (found in whole grains, fruits, and vegetables).
- **Protein:** Essential for muscle repair and recovery (found in lean meats, legumes, nuts, and seeds).
- **Fats:** Provide long-lasting energy and support brain function (found in avocados, nuts, and olive oil).

KEY MICRONUTRIENTS FOR RIDERS:

- **Magnesium:** Supports muscle relaxation and reduces cramping (found in spinach, almonds, and pumpkin seeds).
- **Iron:** Essential for oxygen transport in the blood, preventing fatigue (found in lean meats, beans, and quinoa).
- **Calcium:** Helps with muscle contraction and bone strength (found in leafy greens, fortified plant milks, and seeds).
- **Vitamin C:** Aids in collagen production and immune function (found in citrus fruits, bell peppers, and berries).
- **Potassium:** Crucial for electrolyte balance and preventing muscle cramps (found in bananas, sweet potatoes, and avocados).
- **Zinc:** Supports recovery and immune function (found in chickpeas, nuts, and lean meats).

PRE-RIDE NUTRITION: POWERING UP FOR PEAK PERFORMANCE

The right pre-ride meal will provide sustained energy, prevent fatigue, and help you stay sharp on the bike. Aim for a combination of complex carbohydrates, lean protein, and healthy fats about 1.5 to 3 hours before riding.



BEST PRE-RIDE MEALS (WITH MACROS & MICRONUTRIENTS):

- **Pasta with Grilled/Roasted Chicken and Vegetables**
 - **Macros:** Carbs (pasta), Protein (chicken), Fats (olive oil)
 - **Micronutrients:** Iron (chicken), Vitamin C (vegetables), Zinc (chicken)
- **Grilled chicken with quinoa and roasted vegetables**
 - **Macros:** Protein (chicken), Carbs (quinoa), Fats (olive oil)
 - **Micronutrients:** Iron (quinoa, chicken), Vitamin C (vegetables), Zinc (chicken)
- **Dairy-Free Smoothie: Almond milk, plant-based protein powder, frozen berries, and spinach**
 - **Macros:** Protein (protein powder), Carbs (berries), Fats (almond milk)
 - **Micronutrients:** Calcium (almond milk), Vitamin C (berries), Iron (spinach)

SNACKS FOR QUICK ENERGY (30-60 MINUTES BEFORE RIDING) & MACROS/MICROS:

- **Rice Cakes w/peanutbutter and honey**
 - **Macros:** Carbs (rice cakes, honey), Fats (peanut butter)
 - **Micronutrients:** Magnesium (peanuts)
- **Banana with almonds or cashews**
 - **Macros:** Carbs (banana), Fats (nuts)
 - **Micronutrients:** Potassium (banana), Magnesium (cashews)



MID-RIDE NUTRITION: KEEPING ENERGY LEVELS HIGH

For longer riding sessions or race days, keeping your energy levels stable is essential.

Best Mid-Ride Snacks (with Macros & Micronutrients):

- **Coconut water with sea salt for electrolytes**
 - **Macros:** Carbs (coconut water)
 - **Micronutrients:** Potassium (coconut water), Sodium (sea salt)
- **Medjool dates stuffed with almond butter**
 - **Macros:** Carbs (dates), Fats (almond butter)
 - **Micronutrients:** Magnesium (almond butter)

POST-RIDE NUTRITION: SPEEDING UP RECOVERY

After riding, your body needs the right nutrients to repair muscle tissue, replenish glycogen stores, and reduce inflammation.

BEST POST-RIDE MEALS (WITH MACROS & MICRONUTRIENTS):

- **Roasted Salmon, Sweet Potatoes and Leafy Green Salad**
 - **Macros:** Protein (salmon), Carbs (sweet potatoes), Fats (salmon)
 - **Micronutrients:** Omega-3s (salmon), Vitamin A (sweet potatoes), Iron (greens)
- **Turkey and avocado wrap on a whole-grain tortilla**
 - **Macros:** Protein (turkey), Carbs (tortilla), Fats (avocado)
 - **Micronutrients:** Zinc (turkey), Magnesium (avocado)



QUICK RECOVERY SNACKS (WITH MACRO & MICRONUTRIENTS):

- **Apple slices with almond butter**
 - **Macro:** Carbs (apple), Fats (almond butter)
 - **Micronutrients:** Fiber (apple), Magnesium (almonds)
- **Protein Smoothie with Protein, Banana, Berries, Spinach, Almond Milk**
 - **Macro:** Carbs (banana), Protein (protein powder, Spinach), Fats (Almonds)
 - **Micronutrients:** Vitamin C, Iron, Anti-oxidants

FINAL TIPS FOR PERFORMANCE FUELING

- **Stay Hydrated:** Drink water consistently throughout the day, and consider adding electrolytes during intense training sessions.
- **Avoid Processed Foods:** Stick to whole, nutrient-dense foods to keep energy levels steady.
- **Listen to Your Body:** Experiment with different meals and snacks to find what works best for you.
- **Plan Ahead:** Prep meals and snacks in advance so you're never caught without good options when hunger strikes.

By incorporating these fueling strategies into your routine and tracking both macronutrient and micronutrient intake, you'll improve endurance, enhance recovery, and optimize your overall performance on and off the track.

Happy riding, and fuel up the right way!

-Coach Robb

TAKE YOUR PERFORMANCE TO THE NEXT LEVEL

You've learned the fundamentals of **fueling your body for peak performance**—now it's time to put that knowledge into action. Every rider is different, and what works for one athlete may not be the best fit for you. A **customized meal plan** ensures you're getting the right nutrients at the right time to maximize energy, endurance, and recovery.

WHY A CUSTOMIZED MEAL PLAN?

- **Optimized Energy Levels** – Avoid the mid-race slump and power through with steady, sustained energy.
- **Faster Recovery** – Reduce muscle soreness and fatigue so you can train harder and ride more often.
- **Improved Focus & Reaction Time** – Proper nutrition sharpens mental clarity, helping you make quicker, smarter decisions on the track.
- **Designed for Your Goals** – Whether you want to build strength, increase stamina, or maintain weight, a tailored plan keeps you on track.

GET STARTED TODAY

Email me:
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Don't leave your performance to guesswork. With a **holistic approach to a custom meal plan**, you'll know exactly what to eat and when to fuel your body for success. Sign up now and take the first step toward becoming a stronger, faster, and more resilient rider.

Are you ready to fuel like a champion?
Let's build your plan now.

