

## Diet is key to cycling success, sport nutrition lecturer tells Guardian newspaper

Posted on Tuesday 24th July 2012

**Gareth Wallis** (<http://www.birmingham.ac.uk/schools/sport-exercise/staff/profile.aspx?ReferenceId=29203&Name=dr-gareth-wallis>), a lecturer and expert in sports nutrition in the School of Sport and Exercise Science commented in the Guardian newspaper that diet is a key aspect of the of cycling success enjoyed by Bradley Wiggins and his teammates.



"Over a short period of recovery you need to make sure the intake of carbohydrates and protein is timed appropriately, and is of sufficient quantity to restore yourself so you can go again," said Wallis. "If you have a more prolonged period there's still some emphasis on immediate replenishment but you can get back to your normal dietary intake, before you start to build up again for the next event."

**See the item in the Guardian online** (<http://www.guardian.co.uk/sport/2012/jul/23/london-2012-cycling?INTCMP=SRCH>)