

When he isn't cycling, Andy likes to solve maths problems	Andy uses about 100 kJ of energy to cycle 1 km (in addition to his normal energy use)	A typical short training ride is 2 hours long	Andy does not want to consume more than 250 kcal an hour on rides of less than 5 hours
A big meal contains approximately 800 kcal	1 mile = 1.61 km	A REALLY BIG meal contains approximately 1000 kcal	An energy bar contains 220 kcal, costs £1 and weighs 65g
An average adult male who does not do lots of physical activity needs 2500 kcal a day	A cheap cereal bar contains 100 kcal, costs 16p and weighs 25g	1 kcal = 4.19 kJ	Andy's cycling jersey has 8 pockets. Each pocket holds 1 banana , 1 energy bar , 3 energy gels or 2 cheap cereal bars
Andy likes to eat a big meal before a short training ride . The energy for this meal is released during his ride	Andy cycles at 14 mph on rides that take more than one day	Andy is a 20-year-old man	Andy doesn't eat anything while cycling that he can't carry in his pockets
Andy does not want to consume more than 350 kcal an hour on rides of more than 5 hours	The distance from Land's End to John o' Groats is 1407 km	A banana contains 120 kcal, costs 10p and weighs about 120g	Andy cycles at 19 mph on rides that take less than one day