

Mountain Mayhem Schedule

	Friday 18th June 10.30am-7.00pm	Saturday 18th June 9.00am-9.00pm	Sunday 19th June 7.30am-4.00pm
07.00			MPC onsite
08.00			
09.00		MPC onsite	Essentials of Sports Nutrition
10.00	MPC onsite	Lactate threshold testing & how it can inform your training	
11.00			Lactate threshold testing & how it can inform your training
12.00		Essentials of Sports Nutrition	
13.00	Essentials of Sports Nutrition		
14.00		Race starts	Race finishes
15.00	Lactate threshold testing & how it can inform your training		
16.00		Reaching your flow state	MPC offsite
17.00	Reaching your flow state		
18.00			
19.00	MPC offsite	Through the night – top tips from Sports Scientists to get you through the night	
20.00			
21.00		MPC offsite	

Also on offer at the MPC throughout Mountain Mayhem:

Batak challenge

Test your reaction times on our Batak Challenge. Random targets will light up on the Batak Wall for 30 seconds and remain on until they are struck out. Come and have a go and see how many targets you can strike out. For just £1 your score will go on our leader board, with prizes going to the top 10 at the end of the weekend. All money raised will go to our chosen charity, Worcestershire Breast Unit Campaign.

Hydration monitoring

Sign up before the event by emailing mpc@worc.ac.uk or with us in person on Friday and be 1 of 50 competitors to have their hydration levels monitored throughout the 24 hour event. This way you can ensure you are suitably hydrated and able to perform effectively.

Dietary analysis

Sign up before the event by emailing mpc@worc.ac.uk or with us in person on Friday to have your pre/during and post diet analysed by our Sports Nutritionists. We will give you a diary to record your dietary intake on Saturday, Sunday and Monday and will provide you with a SAE to return the diary to us. We will then send you a feedback report and some useful tips for future events.

Bike fitting

Unsure about your riding position? Come and speak to our technical engineers who will assist you to find the correct position and give you some useful bike fitting tips. If you would like to experience our bike fitting service prior to the event, please contact us at mpc@worc.ac.uk

Sports Psychology questionnaires

Find out about your individual psychological profile