THE BENEFITS OF TRAINING WITH LOW GLYCOGEN STORES

Muscle & liver glycogen AND/OR CHO consumed before and/or during exercise

Low CHO availability

Risk of stress fractures or illness

Acute cell signaling pathways Mitochondrial biogenesis Angiogenesis Lipid oxidation

ENDURANCE PERFORMANCE

PERIODISATION

Train LOW during sessions that can be readily performed with reduced CHO availability. E.g. steady-state type training sessions < lactate threshold

Pay attention to the following within the specific micro-, meso- and macrocycle:

- The athlete’s body composition
- The environment (e.g. altitude, heat etc.)
- The competitive goals

Reference: Stellingwerff, Morton & Burke JSNE 2019. ©Copyright. World Athletics. All rights reserved.