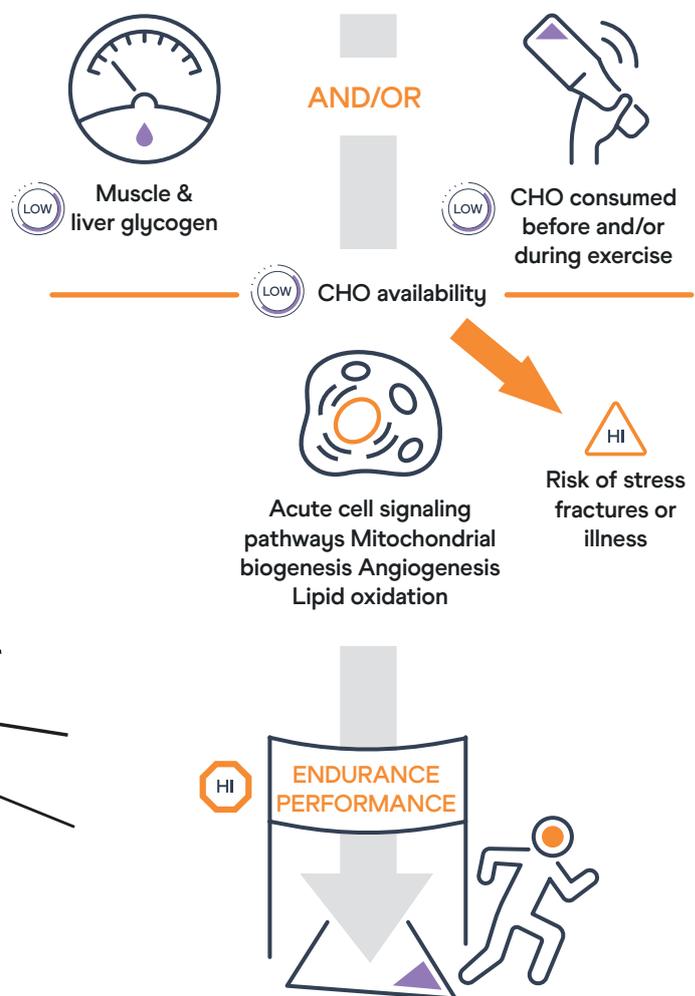


THE BENEFITS OF TRAINING WITH LOW GLYCOGEN STORES

IAAF[™]
The Home of World Athletics



PERIODISATION

TRAIN



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