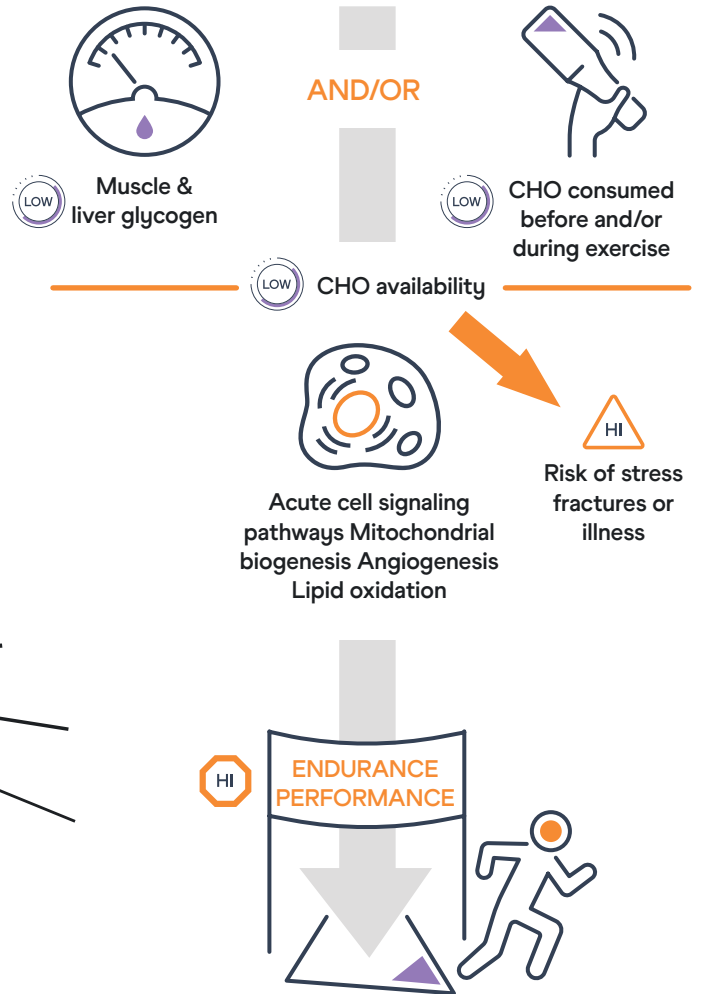


THE BENEFITS OF TRAINING WITH LOW GLYCOGEN STORES



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