

LOW-CHO HIGH FAT DIETS

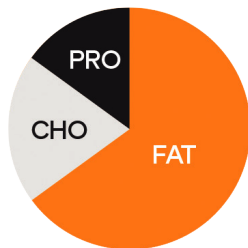
FOR ENHANCED PERFORMANCE IN
TRACK & FIELD ATHLETES: A MYTHS



CHRONIC LOW-CHO HIGH-FAT DIETS

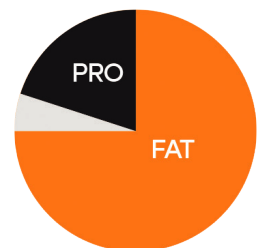
NON-KETOGENIC

- 65% energy as fat and
<20% energy from CHO



KETOGENIC

- 75% energy as fat and
<10% energy from CHO



PHYSIOLOGICAL EFFECTS



Increased fat
oxidation at
exercise

VS



Reduced capacity for
intestinal absorption of
glucose



Decreased CHO
oxidation



IMPACT ON PERFORMANCE

But a majority
of track & field
events are
CHO - dependant

Decreased
effectiveness
of CHO - feeding
strategies

Increased
risk of gut
disturbances

Decreased
exercise
economy



**Reduced
performance**

**WORLD
ACADEMY**

FOR ENDURANCE MEDICINE