Carbohydrates are the FOUNDATION of an athletic diet!!

- Daily restoration of the body’s carb reserves should be a priority for athletes in all sports
- Carbs are the preferred fuel for intensities about 65% VO2 Max - Athlete training level
- Anaerobic activity (short bursts lasting 1-2 minutes) uses ONLY carb energy for fuel.

**Importance of Glycogen:**

- Glycogen is the stored form of carbohydrate energy found in muscle tissue.
- The greater the pre-exercise glycogen, the greater the endurance potential.
- Order of energy stores used in activity
  - 1st – Blood glucose – 100 calories
  - 2nd – Liver – 300-400 calories
  - 3rd – Glycogen – 1200-1600 calories

**Effects of Glycogen Depletion:**
- Sluggishness
- Difficulty maintaining a normal exercise intensity
- Sudden weight loss of several pounds
- Feelings of exhaustion

**Building and Maintaining Glycogen:**

- Blood flow to the muscles is greater immediately after exercise
- Fast absorbing carbs are preferred: sports drinks, crackers, breads, sugars, etc.
- Optimal window of storage repletion is 1-2 hours after exercise

**If You Want to Get Specific:**

Athletes in heavy training should consume:

- **Daily Total:** 7-10 g of carbs/kg
- **Pre-Exercise:** 1-4 g carb/kg 1-4 hr. before
- **During Exercise:** 30-60 g/hr. for activities lasting more than 1 hr.
- **Post- Exercise:** 1.5 g/kg immediately following exercise and the same amount within the next 2 hours.
  ***To find kg take # of lbs. and divide by 2.2

**Example for 200 # Athlete**

- **Daily Total:** 636-900 g carb/day
- **Pre-Exercise:** 90-363 g carb
- **Post-Exercise:** 136 g carb