



Carbohydrate Loading

Carbohydrate loading is the practice of loading your glycogen stores (glycogen is the stored form of carbohydrates found in your liver and muscles) as much as possible before a big race. Historically, athletes thought depriving themselves of carbohydrates 3-7 days before a race to deplete their glycogen stores, then bombarding their bodies with high amounts of carbohydrates later in the week would produce the best results. However, studies in the 1980s proved that eating a consistently high carbohydrate diet while tapering training during the week that leads up to the race produced just as good results. Here's how to do it:

This sheet goes on to recommend steps to carbohydrate load the week of an important meet/race. It compliments the Meal Plan offered in the Endurance Sports Nutrition Plan so that it is easy to incorporate these recommendations while following a sound sports nutrition plan!