

# TRAINING THE GUT

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Training with relatively large volumes of fluid to “train the stomach”



Training immediately after a meal



Training with relatively high carbohydrate intake during exercise



Simulate the race nutrition plan at training



Increased carbohydrate content of the diet

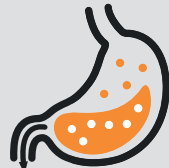
## PHYSIOLOGICAL EFFECTS



Reduced bloating and fullness during exercise



Increased gastric emptying



Increased capacity to absorb carbohydrates



Increased delivery of carbohydrate

## BENEFITS



Reduced gastro-intestinal symptoms



IMPROVED PERFORMANCE

