TRAINING THE GUT

Physiological Effects

- Reduced bloating and fullness during exercise
- Increased gastric emptying
- Increased capacity to absorb carbohydrates
- Increased delivery of carbohydrate

Benefits

- Reduced gastrointestinal symptoms
- Improved performance

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

Reference: Castell et al. IJSNEM 2019 on the basis of Jeukendrup SM 2018. IAAF, Health & Science