THE BENEFITS OF TRAINING WITH LOW GLYCOGEN STORES

Muscle & liver glycogen
AND/OR
CHO consumed before and/or during exercise
AND/OR
CHO availability

Acute cell signaling pathways Mitochondrial biogenesis Angiogenesis Lipid oxidation

Risk of stress fractures or illness

ENDURANCE PERFORMANCE

PERIODISATION

PAY ATTENTION TO THE FOLLOWING WITHIN THE SPECIFIC MICRO-, MESO- AND MACROCYCLE:

the athlete’s body composition
the environment (e.g. altitude, heat etc.)
the competitive goals

during sessions that can be readily performed with reduced CHO availability.
E.g. steady-state type training sessions < lactate threshold

Reference: Stellingwerff, Morton & Burke IJSNEM 2019. ©Copyright. IAAF 2019. All rights reserved. IAAF, Health & Science