

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

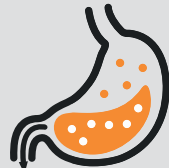
PHYSIOLOGICAL EFFECTS



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



WORLD ACADEMY

FOR ENDURANCE MEDICINE