

Setting **CARBOHYDRATES** intake

targets for athletes

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Designed by
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Low

Light,
Skills

**DAILY COMPETITION /
TRAINING VOLUME**

High

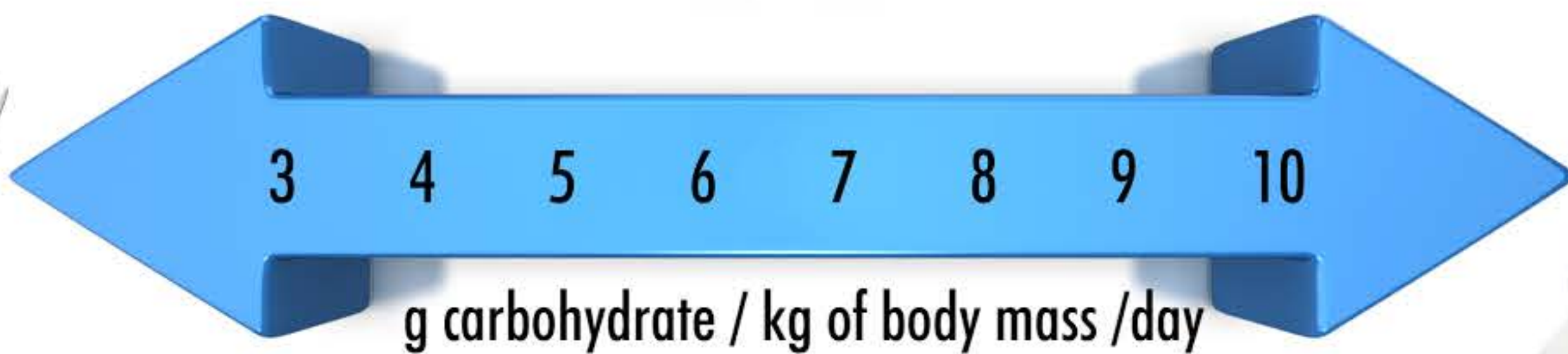
VO₂max,
Competition



Prolonged metabolic stress
to induce aerobic adaptation

GOAL OF SESSION

High quality training /
optimal competition outcome



Lower, including energy
deficit for weight loss

BODY SIZE

High
including needs for growth

Low

**LEAN BODY MASS AS
PERCENTAGE OF BODY MASS**

High

Maybe unnecessarily over-
fuelled

**FEEDBACK FROM
EXPERIMENTATION**

Often runs out of
fuel in session



Muscle glycogen less limiting for
completion of session

Less need for carbohydrates intake over
total day or around sessions

Some sessions may be deliberately
done with low carbohydrate availability

High muscle glycogen requirement for
completion of training or optimal
competition performance

Promote opportunities for carbohydrate
intake in total day and around session