Low-CHO training improves time-trial performance

Methods

Two groups of 9 active but not highly trained participants followed identical training schedules and performed twice daily sessions of HIIT

**HIGH - HIGH**
Ingestion of a high-CHO meal between the training sessions

**HIGH - LOW**
Ingestion of a low-CHO meal between the training sessions

3 day per wk for 2 weeks

Results

The training-induced improvement in 250-kJ time trial performance was greater in the High-Low group

**HIGH - HIGH**
203 ± 53 W to 219 ± 60 W
+16W

**HIGH - LOW**
211 ± 66 W to 244 ± 75 W
+33W

Conclusion & implications

1. This is the first study to show that a short-term ‘train low, compete high’ intervention can improve whole-body exercise capacity

2. Whether highly-trained individuals would respond in a similar manner to a short-term training intervention of this sort is unclear

A 2 week ‘train low, compete high’ training intervention, in which 50% training was performed with reduced CHO availability may represent a successful training strategy

Reference
Cochran AJ et al. IJSNEM, March 2015