The benefits of training WITH LOW GLYCOGEN STORES

↓ Muscle & liver glycogen

↓ CHO consumed before and/or during exercise

AND/OR

↓ CHO availability

↑ Acute cell signaling pathways

↑ Mitochondrial biogenesis

↑ Angiogenesis

↑ Lipid oxidation

↑ Endurance performance

↑ Risk of stress fractures

↑ Risk of illness

PERIODIZATION

Train "low"
During sessions that can be readily performed with reduced CHO availability

- e.g. steady-state type training sessions < lactate threshold

- while paying attention at the athlete's body composition

- the environment (e.g. altitude, heat)

- the competitive goals

- within the specific micro-, meso- and macrocycle