PARTICIPANTS NEEDED TO INVESTIGATE
A NOVEL APPROACH TO ENDURANCE TRAINING

Find out how metabolism and performance while training with reduced muscle glycogen content are affected by ingestion of carbohydrates during exercise.

AM I ELIGIBLE TO TAKE PART?
We are looking for cyclists/triathletes that train ≥3 times per week

HOW WILL I BENEFIT?
You get your VO₂max determined in addition to receiving a remuneration for taking part in main experimental visits

What does it take?
A total of 9 visits to the lab
Assessment of Maximal Oxygen Uptake VO₂max & Peak Power Output
Day 1: Exhaustive cycling exercise to deplete muscle glycogen followed by a high carbohydrate or a low-calorie diet
Day 2: Cycling exercise session with a time trial*

*It includes blood sampling

Interested? Contact Tim Podlogar for more information: txp589@bham.ac.uk