

DIET, CYCLING TRAINING & MUSCLE ADAPTATION

Sports Physiologists at the Exercise Metabolism Laboratory, RMIT University, in collaboration with the Sports Nutritionists at the Nutrition Department, Australian Institute of Sport are carrying out 2 studies to investigate the effects of novel dietary strategies in addition to cycling training on muscle adaptation (i.e. changes in energy/fuel storage, production and utilization during rest and exercise and the mechanisms underlying these changes)

Who may participate?

- Well trained cyclists/tri-athletes, ultra-endurance cyclists
- If you are training more than 10 hours a week
- If you are available for 3 sessions/week for 2 weeks

What you can gain from this study?

- Free fitness test (VO_{2max})
- Free individualized cycling training program
- Outcomes of the study

Who should you contact?

If you are interested, please contact:

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