

## **MUSCLE GLYCOGEN STATUS & CYCLING TRAINING ADAPTATION**

Despite the common belief that high amounts of carbohydrate intake during training allows an athlete to train longer and harder and thus achieve a superior training response, recent evidences suggested that training with low muscle energy/fuel (glycogen) stores may provide greater training stimulus and thus results in better training adaptation in endurance sports.

As such, Sports Physiologists at the Exercise Metabolism Laboratory, RMIT University, Bundoora are carrying out a study to investigate the effects of commencing several cycling training sessions with low muscle glycogen levels on subsequent muscle adaptation and cycling performance.

### ***Who is eligible to participate?***

- Well-trained cyclists/triathletes who are training more than 10 hours/week

### ***What you can gain from this study?***

- Comprehensive fitness assessment ( $\text{VO}_{2\text{max}}$ , Cycling time trial performance)
- Free individualized cycling training program
- Outcomes of the study
- Remuneration for time and travel.

### ***Who should you contact?***

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