



Rock it. Fuel

Carb Tolerance Guide

Factors Reducing Carb Tolerance

Gastrointestinal disturbance		Low carb intake in training
Low carb stores/glycogen		Low general carb intake
High temperatures		Intense exercise
Dynamic motion		High altitude
Fatigue		Illness
Stress		

Quick Tips:

No carbs in easy sessions; the body has enough fuel onboard.

Carb intake is easier when the body is relatively stable.

Rest well and eat more carbs on the days before race day.

Slowly build your carb intake in key training sessions.

Consuming carbs often can increase carb transporters.

Reduce carbs in high heat and/or at altitude.

Reduce carbs if ill around race day.