

**We need your help to optimise pre-exercise carbohydrate intake!**

## What will the study investigate?

We will assess the effect of a moderate, high or very high carbohydrate intake (6, 8 or 10 g/kg/d) on muscle glycogen synthesis.

## What will happen if I take part?

- 1) Preliminary measures
  - Height and weight
  - VO<sub>2</sub>max test
  - Lactate threshold test



- 3) 4 cycling sessions (3 light intensity, 1 challenging session)



- 2) 5 day provided diet (final 48 h of either moderate, high or very high carbohydrates).



- 4) Measurement of...
  - Weight
  - Total body water
  - Gut discomfort/Hunger
  - Muscle glycogen (5 biopsies)

## To be eligible you must...

-Not have a food allergy or intolerance

- Not be a smoker or have a chronic history of smoking

-Be male or female aged between 18 and 50 years old

- Be endurance trained (>5 hours/week endurance activities for >1 year)

- Be healthy and not suffering from any musculoskeletal injuries

-Not be following a carbohydrate restrictive diet (i.e. ketogenic, gluten free etc)

**For your time you will be reimbursed with a £50 Amazon voucher**

**If you are interested please contact Robyn Jones by emailing**

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