

Carbohydrate Loading Prior to Endurance Event

Below is an example of a carbohydrate loading program prior to an endurance event. The current recommended carbohydrate loading plan includes increasing carbohydrate intake throughout the week while decreasing training volume and maintaining a moderate training intensity.

Day	Duration of Exercise	Intensity of Exercise	% Carbohydrate Intake
Day 1 (Mon)	90 minutes	70% of VO2 max	50% - 60%
Day 2 (Tues)	40 minutes	70% of VO2 max	50% - 60%
Day 3 (Wed)	40 minutes	70% of VO2 max	50% - 60%
Day 4 (Thurs)	20 minutes	70% of VO2 max	70%
Day 5 (Fri)	20 minutes	70% of VO2 max	70%
Day 6 (Sat)	Rest (none)	Rest (none)	70%
Day 7 (Sun)	Race Day	“Give it all you got”	70%