

## **PREVIEW\_ Dr. Peter Brukner - Is Low Carb for Athletes\_ (Vail 2016)**

It's very hard to keep your fuel up, if you are relying on carbohydrates.

You've got to be constantly replenishing your fuel,  
because you don't have enough carbohydrates on board  
in the form of muscle glycogen to last.

Only enough for like one hour or two.

Yeah, maybe a couple of hours.

I mean when you are running a marathon, you hit the wall,  
there is this famous expression of hitting the wall,  
which basically is when you run out of energy,  
that's when your muscle glycogen is depleted,  
and unless you've replenished that and you kept constantly replenishing--

So if you're doing a 6, 8, 10, 12-hour run, bike ride, whatever,  
you'd have to take in huge amounts of--

Quite a challenge getting all that stuff in, huh?

You're constantly eating or drinking and so on.

So the benefit from a low-carb high-fat diet is you can instead burn more fat.

Yes, you've got almost unlimited supplies of fat  
and that can maintain a reasonable level of exercise  
for almost an indefinite period of time.