



Q: One other question.. My heart rate monitor tells me KCals used during a workout based on the info. I got from my assessment at the lab. are these the same as calories burned??? **YES.....**

And do I need to replace those calories during a longer event to maintain energy levels. For example for r the 1 hr. off road race at 155 HR Aver. I burned 1500 KCals, and for a 1:45 run at EA I burned 1250 Kales (**WOW, THAT SEEMS A LITTLE HIGH**).....**MOST FOLKS ARE BURNING IN THE 700 TO 1100 RANGE**).....**BUT IT'S STILL MORE THAN YOU CAN ABSORB.**

How am going to eat that much during an Ironman per hour??
J.S.

YOU CAN'T.....IT IS IMPOSSIBLE.

ALTHOUGH YOU MAY ***USE*** 1200-1500 CALORIES PER HOUR.....YOU CAN ONLY ****ABSORB**** (VIA THE LIVER) AROUND 300 CALORIES PER HOUR. NOW, YOU CAN ****INGEST**** MORE (& create GI distress or nausea).....**BUT IT DOESN'T MEAN THAT THESE INGESTED CALORIES CAN BE METABOLIZED & USED.**

AND THIS IS PRECISLY THE DILEMMA FOR ENDURANCE ATHELTES. WE'LL ALWAYS ****USE**** MORE THAN WE CAN EFFECTIVELY ABSORB. SO IF WE USE 1000+.....AND TAKE ABSORB only 300, WHERE DOES THE REST OF OUR ENERGY DEMAND COME FROM?

YOU GOT IT.....**F-A-T.**

AND FAT IS METABOLIZED ONLY WHEN THE BODY IS OPERATING AEROBICALLY (W/ OXYGEN).....**BECAUSE FAT MOLECULES ARE SOOOO COMPLEX THAT THEY REQUIRE ALOT OF O2 TO BE USED.**

WHEN THE O2 IS LIMITED.....**FAT METABOLISM SLOWS OR STOPS ALTOGETHER.**

AND THIS IS PRECISELY WHY WE ****TRAIN**** @ (& for) AEROBIC (and what I call....."metabolic") EFFICIENCY.....**BY USING MAF FOR SUCH VOLUMES. THIS ASSURES THAT WE'RE NOT ONLY TRAINING YOUR "MILES-PER-HOUR".....BUT JUST AS IMPORTANT, YOUR "MILES-PER-GALLON" (fuel economy).**

IT'S JUST LIKE NASCAR, BRO.....**IN THAT, [FOR HALF-IRON AND LONGER RACES], IT'S NOT HOW FAST YOU GO.....IT HOW FAST YOU GO ON AS LITTLE FUEL (like limited glycogen) AS POSSIBLE.**

THIS IS WHY YOU WON'T SEE TIM DEBOOM WIN ITU OLYMPIC DISTANCE RACES AND WHY HUNTER KEMPER WILL PROBABLY NOT WIN IRONMANS. THEY'RE GIFTED IN DIFFERENT WAYS.....**AND THOSE WHO CAN GO "LONG" ARE METABOLICALLY GIFTED.....AS WELL AS KNOW HOW TO *****TRAIN***** THAT PART OF THEIR GAME.**

Sonni