



Subject: You have my attention now!!!!

Q: "The final run was particularly vexing. My pulse was up, but I was positive >I was plodding. Then at about 2/3 of the way through I found I was moving 20 >secs/mile faster than on the first run!

A:AHHHH, THAT WONDERFUL MOMENT WHEN WE BEGIN TO TAP INTO STORED BODYFAT."

Q: CAN**YOU**TELL**ME**MORE?????????!!!!!!!

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A: There **IS** something physiological to it.....and it occurs **BECAUSE** you slow the hr down enough to be able to use fat. Know that **FAT** is metabolized in a medium that is kept 'alive' by carbs/bloodsugar.....but in also a medium of plenty of oxygen (ie: hence the "aerobic").

The goal of endurance training is *not*** to train @ higher hr's in order to race at higher paces. READ THAT AGAIN!!**

The goal of endurance training is to achieve higher paces @ **LOWER heart-rates (metabolically 'fit') to tap into the 9calories per gram of fat (unlimited).....rather than rely on the 4 calories per gram of glycogen and carbs.**

That's the problem I have w/ low carb plans.....you limit the carbs, you'll ultimately limit the fat useage.

Intensity training trains the hr for cardiac efficiency. *Endurance and muscular oreinted* training train the muscles to do the work efficiently. These things we can "FEEL" when the going gets tough.

What you cannot feel (or perhaps you ARE, but just didn't know it) is "**metabolic intensity**" where we actually ALTER the # of carbs that it takes to tap into that % of fat as the fuel source.

We call it adusting your "**burn-ratio**" and we measure it in vo2-max test by measuring the exchange gases (exhale gas %'s) to see how much carbs you're using @ given hr's in order to tap into the fat you have.

Great endurance athletes (like Mark Allen and Lance Armstrong) use few carbs in accessing huge amounts of stored fats.....and do so at incredible work-outputs (watts, pace, etc...).

Also.....just fyi.....Lance rides @ 124 to 128bpm(!) on his long-days.....but averages 20mph for 6hours doing it. THAT's efficient!

Sonni