

TABLE 16.2. Carbohydrate and protein recommendations for endurance training and optimal glycogen storage for men (weight 188 lbs/85.5 kgs).

When?	Carbs (g)	Type	Protein (g)	Why?
Carbohydrate and protein recommendations for "around your endurance training" for men				
Preexercise meal (3-5 hours before)	102	Polysaccharide (starch maltodextrin)	Varies	To increase carbohydrate availability for prolonged exercise (>90 minutes)
Preexercise snack (15-60 minutes before)	50-85	Monosaccharide (glucose fructose)	None	To top off glycogen stores/increase carbohydrate availability or after an overnight fast
During exercise (per hour)	30-60+	Varies but mostly monosaccharide and disaccharide (sucrose)	None	During moderate-intensity or continuous exercise >1 hour in duration
Postexercise snack (15-30 minutes after)	85-130	Any	20-30	For rapid postexercise recovery of muscle glycogen
Postexercise meal (2 hours after)	85-130	Polysaccharide (starch maltodextrin)	Varies	For continuing postexercise recovery of muscle glycogen
Daily carbohydrate recommendations for optimal glycogen storage for men				
Daily	518			Easy training day (<1 hour of activity/low intensity)
Daily	598-684			Moderate training day (1-3 hours of moderate/high intensity)
Daily	770-855			Hard training day (4-5 hours of moderate/high intensity)
Daily	940+			Extreme training day (>5 hours of moderate/high intensity)

TABLE 16.3. Carbohydrate and protein recommendations for endurance training and optimal glycogen storage for women (weight 128 lbs/58 kgs).

When?	Carbs (g)	Type	Protein (g)	Why?
Carbohydrate and protein recommendations for "around your endurance training" for women				
Preexercise meal (3-5 hours before)	70	Polysaccharide (starch maltodextrin)	Varies	To increase carbohydrate availability for prolonged exercise (>90 minutes)
Preexercise snack (15-60 minutes before)	25-60	Monosaccharide (glucose fructose)	None	To top off glycogen stores/increase carbohydrate availability or after an overnight fast
During exercise (per hour)	30-60+	Varies but mostly monosaccharide and disaccharide (sucrose)	None	During moderate-intensity or continuous exercise >1 hour in duration
Postexercise snack (15-30 minutes after)	58-87	Any	15-20	For rapid postexercise recovery of muscle glycogen
Postexercise meal (2 hours after)	58-87	Polysaccharide (starch maltodextrin)	varies	For continuing postexercise recovery of muscle glycogen
Daily carbohydrate recommendations for optimal glycogen storage for women				
Daily	290-348			Easy training day (<1 hour of activity/low intensity)
Daily	406-469			Moderate training day (1-3 hours of moderate/high intensity)
Daily	522-580			Hard training day (4-5 hours of moderate/high intensity)
Daily	638+			Extreme training day (>5 hours of moderate/high intensity)