

## The Importance of Protein during endurance training

By Cliff Harvey

### Did you know.....that you should be taking protein during endurance training?

Endurance athletes often focus exclusively on carbohydrate intake during training...and quite rightly so, as this is the greatest nutritional effector of performance (outside of water intake). However there are specific benefits to including a small amount of protein in your during training carb/electrolyte drink.

Protein intake during training has several critical benefits for the endurance athlete:

- Increased protein synthesis after training

As little as 6g of the essential amino acids has been shown to drastically increase protein synthesis after training, thereby improving recovery and repair rates. Note: There is approximately 6g of EAAs in 10g of whey protein (½ a scoop).

- Increased glycogen deposition after training

Several amino acids (glutamine, and the BCAAs leucine, isoleucine and valine in particular) have a 'carbohydrate sparing' effect and allow for more glycogen to be deposited as muscle glycogen – thereby allowing more fuel for your next training session.

- Improved cognition and focus

Amino acids supply the raw material for the excitatory neurotransmitters, such as epinephrine, nor-epinephrine and dopamine. When we do not have enough of these amino acids we are more likely to suffer mental fatigue and physical fatigue.

Try taking a teaspoon of BCAAs and/or ½ a scoop of whey protein (per hour) with your carbohydrate and electrolyte drink!

### About Cliff Harvey

Cliff is the Vice President of Human Motion Inc. He is a nutritionist and natural therapies specialist with a reputation for helping elite level (including dozens of Olympic and World Championship level) athletes and weekend warriors alike to reach their best levels of health and performance.

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