

ously the Aussies failed to read this!)

* Other ETU handbooks include advertisements for L-Carnitine as a performance aid for all triathletes to use.

* Alan Ingarfield, our fastest Ironman, regularly uses L-Carnitine.

* Top elite triathletes, elite GB team runners, middle packers and keep fit fanatics are all reporting positive increases in training and racing performances following regular L-Carnitine usage. Especially interesting for triathletes is the common report of reduced recovery time between hard training sessions. One gram per day is advised for triathletes in daily training regimes.

* Personal experiences: racing at Monaco, several mountain bike races and while training over the past two months have shown: reduced recovery time, enhanced sub-maximal efficiency, increased maximal aerobic capacity and increased energy in long training sessions

As this scientific energy production supplement takes off, your fellow triathletes will again utilise a product from another sphere of life to enhance their performance. Remember: Aero bars (skiing); lace locks (camping); and glucose polymers (medical).

Two final questions. What energy system would you rather use:

Carbohydrate, which is limited in supply, requiring at least 24 hours to be restored and is dependent on external food stuffs, or fat, which is unlimited in supply, requiring no outside replenish-

	CARBOHYDRATE	FAT
Calories per gram when stored	1	6 to 7
Total stored calories available (this varies)	1,000 to 2,000	40,000 to 70,000
Equivalent running mileage	10 to 20	380 to 700
Maximum rate of energy production (calories/hour/kg) of which: AEROBIC ANAEROBIC (calories per hour)	7 to 8 <60 ~ 1,500	3 to 4 <300 0
Optimum time for usage	0 - 60 sec	10 mins +

Figure 3. Comparing energy sources

ment and spares glycogen for harder efforts? (figure 3)

Would you be better off losing some fat by using optimal fat burning methods and supplementation rather than buying titanium bits 'n' bobs and carrying dead weight around? A pound of fat is about 30 miles of running (in the fat burning zone!) or 10 grams of fat less per day in your diet over a month.

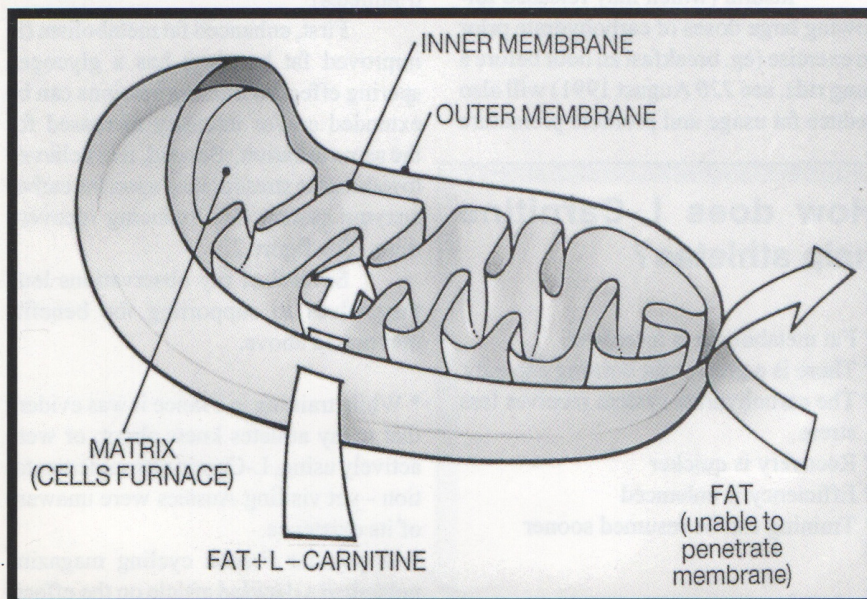


Figure 1. A Mitochondrion The nitty gritty of L-Carnitine and fat burning

Would you be better off losing some fat, rather than buying titanium bits 'n' bobs and carrying dead weight around? A pound of fat is about 30 miles of running

Compare this to new lightweight skewers which cost a pound sterling for every 2 grams weight loss. Equivalent to paying yourself £1 for every 230m you run while fat burning.

Lightweight gizmo's also fail to increase your fat burning efficiency, your power to weight ratio, or your recovery time. **220**

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