

PREVIEW_ Peter Defty - Winning on Fat (SD 2016)

Peter Defty: If you're doing any volume of exercise and you are fueling it with glucose, it's not a question of if you're going to have a problem, it's when and in what form. So you can see at 62 what you can look like on this.

And this is Jenny Capelle at San Diego 100, she won it again this year, she got 8th place overall and she is a mom of two and a full-time physiotherapist. And this guy, this joker, this is Dan Lance with a big smile on his face at the 2015 Umstead.

Dan, again, full-time job... But Dan's story is very interesting and he was very entertaining to the FASTER graduate students collecting data. Dan is an ex-special forces, he was medically retired and as he will tell you he was medically retired because of a lot of injuries, TBI's, concussions, lumbar discs damage, swelling.

And like he says, "I was drinking enough booze and taking enough meds to kill a small village." That was his line. Okay, so we got him on the program and he started running and getting athletic. And here he is running Umstead in 2015, which is a very fast 100 mile race.

He is tall like me, so it's not a little guy, ran to second-place in 15 hours and 13 minutes. And he did it on less than 600 cal of exogenous intake during the race. Figure that out... 100 miles, less than 600 cal consumed during that.

And after the race, because he was in such a high-fat burning mode he didn't eat. He went home, took a shower and went to sleep, did not eat till the next day.