

## PREVIEW\_ Peter Defty

### Is Fat The Best Fuel for Athletes\_ (VAIL 2016) 2

**Peter Defty:** Athletes can burn fat at rates that far exceeded what the current body of science says is even possible. Secondly, they can do it at a higher intensity. So in the combination of a higher intensity now they are shifting up to where they are burning fat as their major fuel source at the intensity levels for many endurance sports.

So 75%, 80% of their VO2 Max, which would be half marathon, marathon, triathlon, ultra endurance type of sports. So now all of a sudden it showed that. And that combined with the increase in fatty acid oxidation rate is a huge game changer.

And then third, which is most novel, is that athletes that were fat adapted, taking in an insignificant amount of carbohydrates, after the treadmill run they were replenishing their muscle glycogen with this much glycogen as the high carb athletes, who were being fed high carb pre and post run shakes.

So they had no exogenous glucose at all, but yet they were manufacturing glucose. And this is something I've been saying for years. When you're fat adapted and you're athletic, your liver will make ketones and glucose to meet the metabolic need for a competition.