

Fundamentals of Glycogen Metabolism for Coaches and Athletes¹

Daily Carbohydrate Intake Recommendations for Athletes

g/kg BM/day = grams per kilogram of body mass per day



Grams of Carbohydrate per Day

Body Mass (BM)

Body Mass (BM)



Created by Adam Virgile
adamvirgile.com

by @AdamVirgile
@AVSportSci

Graphic References
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1. Murray B, Rosenbloom C. Fundamentals of glycogen metabolism for coaches and athletes. *Nutrition Reviews*. 2018;76(4):243-259.

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