

Medicine of Cycling Conference Syllabus  
Nutrition for Optimal Performance

- I. The Role of Nutrition in Cycling Performance
  - a. Challenges to making wise food choices
  - b. Effects of skipping meals
- II. Carbohydrate Availability
  - a. Neuromuscular substrate
  - b. Cognition
  - c. Low Carbohydrate intake
- III. Protein and Muscle Protein Synthesis (MPS)
  - a. Post consumption
  - b. Type of protein
  - c. mTor pathway
- IV. Paradigm Shift for healing
- V. Sleep and Performance
- VI. Conclusion