

# Metabolic Flexibility Field Checklist

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- Maintain 2–3 weekly sessions below LT1 (aerobic base reinforcement).
- Include 1 structured threshold session without overshooting LT2.
- Implement select fasted low-intensity sessions (not high-intensity).
- Anchor daily protein intake to preserve lean mass.
- Stabilize hydration with electrolytes during fasting windows.
- Protect sleep to maintain substrate switching capacity.
- Avoid intensity creep in early race segments.
- Use glycogen strategically for high-demand efforts.
- Monitor resting HR and HRV trends for volatility signals.
- Review pacing relative to lab-derived LT2 before race execution.