

carbohydrate loading. A technique used by endurance athletes to trick the muscles into storing more glycogen for extra energy.

endurance athlete. An athlete involved in a sport, such as marathon bicycling or distance swimming, that requires sustained muscle efforts for several hours at a time.

lactic acid. A product formed in the muscles as the result of the incomplete breakdown of glucose during anaerobic activity.

recovery. The phase after exercise when glycogen stores are replenished to pre-exercise levels.