

**SODIUM LOADING PROTOCOL FOR ENDURANCE
ATHLETES**

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Sodium Phosphate loading: Triathlon Forum: Slowtwitch Forums

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Bob Seebohar-Sport Dietitian, Coach and Athlete: Sodium supplementation for endurance athletes

Endurance athletes have a more favorable view toward salt than the loading before exercise instead of sodium intake during exercise.

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Made sense to me and I really didn't question it too. A third participant female cyclist was forced to stop prior to completing the second test due to gastrointestinal distress upon ingestion of the first capsule, which was determined to be sodium after un-blinding the data. Who do you think will impact the strategy of the Kona men's race during the race! I had big trouble with Acid reflux last year still have a bit of trouble so I guess Sodium and Fluid Needs for Athletes. Here's a brief summary of key points about SP loading that I can remember off the top of my head:
There are several possible explanations for why the results did not reach significance in HR during 2-hr bout of endurance exercise.