

How much carbohydrate do you need daily to train?

Appropriate
For Most
Non-Athletes



Type Of Training	Carbohydrate Amount
Light Training/ Skill based sports	3-5g/kg/bw
Training at moderate intensity for an hour per day or high intensity, short duration	5-7g/kg/bw
Endurance program (eg, 1-3 hour(s) per day mod-high intensity exercise)	6-10g/kg/bw
Training at high intensity for 4-5hrs/day	8-12g/kg/bw