

Password for these videos is **PreFormance2017**

PreFormance Video 1: Energy Balance and How to Find Maintenance Calories (7.55)

https://vimeo.com/200969643?utm_source=email&utm_medium=vimeo-cliptranscode-201504&utm_campaign=28749

PreFormance Video 2: How to Set a Calorie Deficit to Lose Fat Mass Whilst Maintaining Exercise Performance (6.50)

https://vimeo.com/200972148?utm_source=email&utm_medium=vimeo-cliptranscode-201504&utm_campaign=28749

PreFormance Video 3: Gauging Scale Weight as a Key Metric for Progress (7.23)

https://vimeo.com/200977835?utm_source=email&utm_medium=vimeo-cliptranscode-201504&utm_campaign=28749

PreFormance Video 4: Protein Fundamentals and How to Set Your Intake Requirements (3.49)

https://vimeo.com/200979430?utm_source=email&utm_medium=vimeo-cliptranscode-201504&utm_campaign=28749

PreFormance Video 5: Dietary Fat Fundamentals and How to Set your Intake Requirements (6.03)

https://vimeo.com/200980603?utm_source=email&utm_medium=vimeo-cliptranscode-201504&utm_campaign=28749

PreFormance Video 6: Dietary Carb Primer, Important Take Homes and Where to Set your Requirements (6.03)

https://vimeo.com/200980973?utm_source=email&utm_medium=vimeo-cliptranscode-201504&utm_campaign=28749

PreFormance Video 7: The Importance of Carbohydrates for Endurance Performance (5.27)

<https://vimeo.com/207690073>

PreFormance Video 8: Nutrient Timing for Endurance Performance (14.32)

<https://vimeo.com/207690024>

PreFormance Video 9: Myth Busting (8.46)

<https://vimeo.com/207690033>

PreFormance Video 10: Gastro-Intestinal Recommendations (4.09)

<https://vimeo.com/207690050>

PreFormance Video 11: Post Workout Nutrition Consideration (3.49)

<https://vimeo.com/207690065>

PreFormance Video 12: Amounts, Type and Timing for Intra Race Carb Intake (4.02)

<https://vimeo.com/207690378>

PreFormance Video 13: Carb-Loading Recommendations (3.18)

<https://vimeo.com/207690393>

PreFormance Video 14: Making Calorie Adjustments for Further Weight-loss (8.11)

<https://vimeo.com/207690405>

PreFormance Video 15: Race-Day Breakfast Nutrition (6.59)

<https://vimeo.com/207690422>

PreFormance Video 16: Hydration (6.11)

<https://vimeo.com/213315999>

PreFormance Video 17: A Guide to Successful long-term Weight-loss Maintenance (14.55)

<https://vimeo.com/213320658>

PreFormance Video 18: Simple Marathon Check List (2.04)

<https://vimeo.com/213543152>

PreFormance Video 19: Finding Maintenance Calories (12.02)

<https://vimeo.com/218838062>

PreFormance Video 20: Sleep Guide (12.03)

<https://vimeo.com/218838068>

PreFormance Video 21: Myth Busting 'Detox Diets' and 'Clean Eating' (12.46)

<https://vimeo.com/218838071>

