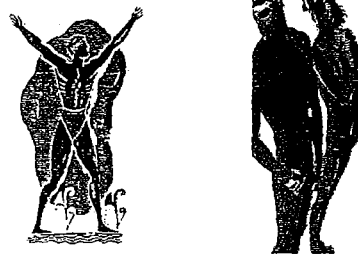


Lecture to : American Medical Society for
Sports Medicine : Annual Meeting
Date : April 8, 2001
Location : San Antonio, Texas.

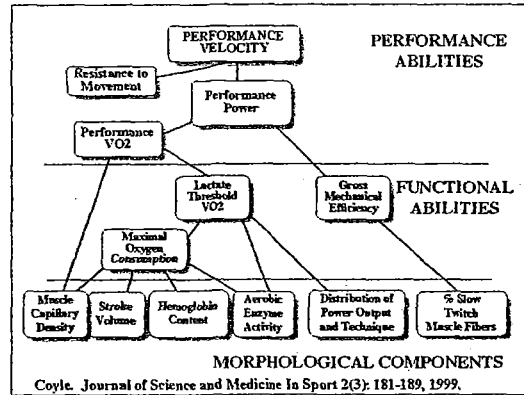
Ergogenic Aids in Cycling

Edward F. Coyle, Ph.D.; Professor
Director: Human Performance Laboratory
The University of Texas at Austin

"The Desire to Win"
Training; Diet; Safe & Legal Supplements; Drugs

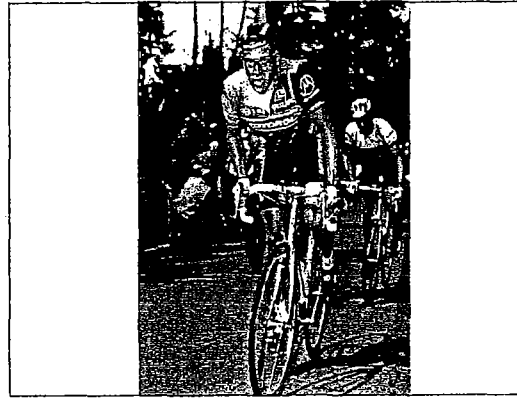


How do you know
if an ergogenic is
real or placebo?



RESPONDENTS 57

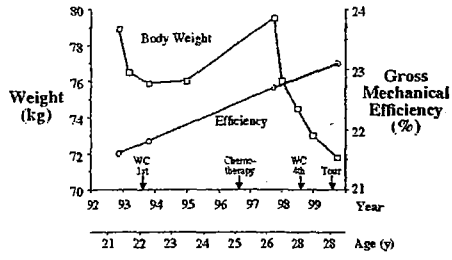
EXHIBIT
1
Coyle



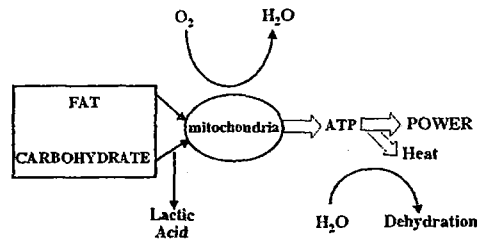
When Training Hard Over Years
Lance Armstrong Showed Little to
Moderate Variation In:

VO₂max = 5.8 - 6.0 l/min
75-83 ml/kg/min
HRmax = 200 - 206 bts/min
%VO₂max @ LT = 78 - 82%
Lean Body Weight = 68 - 70 kg

Lance Armstrong's Primary Progression



Metabolic Ergogenics



Nutritional Supplements During the Event

- Water, sugar, salt or food and drink: the simple and effective stuff
- Caffeine: an effective stimulant

