



# ABOUT JOHN

The scientist behind the Herbalife24 sports line, [Herbalife24](#), doesn't just develop the products for athletes – he uses them too. As an ultra-marathoner and former USA Cat 2 cyclist, John Heiss, Ph.D., Herbalife Sr. Director of Sports and Fitness, Worldwide Product Marketing, understands firsthand the importance of nutrition and setting healthy goals to lead a balanced life, even for those of us who aren't competitive athletes.

To prepare for endurance races in five different countries, Heiss put together a performance training regimen which included:

- Running: 523 miles, 81h 14min, 58,170 vertical feet over 59 runs.
- Cycling: 3,031 miles, 189hours, 238,163' of climbing over 70 riding days
- Typical Weekend: Six hour run on Saturday, Five hour bike ride on Sunday

Keeping up this routine wasn't easy. He had to work through an injury and also travels several times a month as part of his full-time job at Herbalife. Even with this schedule he committed to 15 to 20 hours a week of training. John's Herbalife® product of choice is Herbalife24™ Rebuild Strength. The high quality protein that fuels his workout and helps with recovery.

## WEEK 1: LIVING ABOVE 10,000'



August 1, 2014

Completing the Leadville 100 is hard enough, I figured I might as well better my odds and try to acclimate as long as possible by living in Leadville for 3 weeks prior to the race.

I'm constantly thirsty and a full night of sleep is impossible. The air is thin up here and my body is going through changes to better deal with getting only about 70% of the oxygen I'm used to at sea level. The Leadville 100 boasts one of the highest elevations among 100 mile ultra-marathons, with nearly all of it above 10,000 feet.

The lower amount of oxygen, coupled with the lower atmospheric pressure—which means oxygen isn't held as well by red blood cells—results in really inefficient oxygen delivery to working muscles. This significantly lowers performance at altitude, about a 15-20% reduction in power from sea level. This is enormous, considering one might spend an entire season of training to gain 3-5%. In order to compensate, one can acclimatize to the high altitude. The main adaptation is the production of additional red blood cells, the increased numbers can transport more oxygen, despite the lower efficiency. This process takes time, about a month to fully plateau.

The first week has been tough given the poor sleep at night (also a side-effect of altitude), but I've gotten two 20 mile runs in, one of which involved running up to 13,600ft to the top of Peak 10 above Breckenridge. I slept pretty well after that!

My schedule this week:

Saturday, July 26, 2014	20 mile / 4 hour run at 12,000'
Sunday, July 27, 2014	20 mile / 4 hour run at 10,000'
Monday, July 28, 2014	off
Tuesday, July 29, 2014	2 hour easy ride
Wednesday, July 30, 2014	3 hour hard ride
Thursday, July 31, 2014	15 mile run at 14,000'
Friday, August 01, 2014	off

## REST & RECOVERY



July 22, 2014