

Can you weight train while fasting?

The simple answer is yes. So, while you're doing weight training or any type of physical activity during fasting, your body will get the energy it needs from the way it stores it. So your body stores food energy in the form of sugar, which is glycogen, and body fat. If there's not enough glycogen, then it'll simply switch over to body fat. So your muscles, for example, can use fat directly. If you break down the triglycerides, your body and your muscles can use it directly. So whatever energy that you need, your body carries more than enough to supply for that training.

There is a bit of a switch, so if you're not used to fasting or if you're used to a very high carbohydrate diet for example, then your body, your muscles, are more used to using glucose as opposed to using fat. And therefore while you're switching over, there is about a two week period where your muscles won't be as strong. But then if you continue to train while fasted, you get them used to using triglycerides or body fat as a source of energy. And that's what a lot of ultra marathoners and so on have switched over to ultra low carbohydrate diets, because they want their muscles to be able to use fat as a source of energy as opposed to sugar, which is much more limited in supply.