

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](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](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](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](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](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](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>

