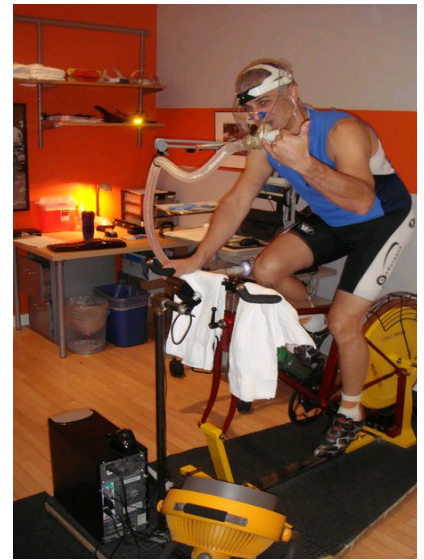


# METABOLIC EFFICIENCY: *A Targeted Approach to Aerobic Base Training*



*Presented by: Tim Fleming, MSc & Sunny Blende, M.S.*

**Metabolic efficiency refers to the degree to which fat is utilized as fuel, relative to carbohydrate, at any given exercise intensity. Metabolic efficiency can be improved with a targeted nutrition & exercise plan. Come learn the science as well as the practical applications and some “how to get started” meal suggestions.**

**Tim Fleming, M.S.:** Tim runs the eLab at Endurance Performance Training Center in Mill Valley, CA, a human performance laboratory. <http://enduranceptc.com>  
He has an M.S., is an exercise physiologist/Level 2 USCA certified coach.

**Sunny Blende, M.S.:** Sunny has her masters of science in human nutrition, is the nutrition columnist for Ultra Running Magazine as well as SWIM Magazine and teaches Sports Nutrition at the College of Marin. <http://www.eat4fitness.com>

**Wednesday, October 16, 2013 / 7:00PM - 8:00PM**  
**San Francisco Running Company, 247 Shoreline Hwy., Mill Valley**  
**FREE ... bring a low chair, come for a 6PM run too!**

