



Name: _____

"DON'T ASK ME ABOUT MY PROTEIN"

Read the case study and then answer the questions.

Case study: Vegan athlete sets three cycling world records

In May 2021, endurance athlete Kate Strong attempted three Guinness World Records for static cycling in a single 24-hour challenge in Bristol. She cycled 24.2 miles in the first hour and 232.1 miles in the first 12 hours, beating her own previous one-hour record of 23.94 miles and the existing 12-hour record of 216.24 miles held by Slovenian athlete Tina Ternjak. She went on to complete 433.1 miles across the full 24 hours, becoming the first woman to achieve a record for static cycling over that distance and duration – a record that, until then, only existed for men.

Strong, who is also a long-distance triathlon world champion, switched to a vegan diet in 2012. As an asthmatic, she had often struggled with shortness of breath, and after removing dairy from her diet she found that within weeks she was no longer wheezy and was able to train at a higher intensity. Strong has also said the change improved her sleep and skin condition.

Strong used the challenge to support The Vegan Society's "Vegan and Thriving" campaign, which exists to show that people of all kinds – including elite athletes – can be healthy and active on a vegan diet. The campaign features a range of athlete case studies alongside dietitian-reviewed nutrition advice. Asked about her nutrition ahead of the attempt, Strong said: "The one-hour world record attempt is purely about being vegan and saying 'Don't you dare ask me about my protein!'"

Source: adapted from The Vegan Society, "Vegan athlete Kate Strong accomplishes three cycling world records", 2 June 2021, and Kate Strong's profile on The Vegan Society's Vegan and Thriving campaign page.

Questions

1. Identify the type of training Kate Strong was doing during her 24-hour cycling challenge. (1 mark)

2. State two physical demands that a 24-hour endurance cycling event would place on Kate Strong's body. (2 marks)

3. Kate Strong removed dairy from her diet and found her breathing improved within weeks. Explain how this change may have allowed her to train at a higher intensity. (3 marks)



4. Carbohydrate is described as the body's main energy source. Explain why carbohydrates would be particularly important for Kate Strong during her 24-hour challenge. (3 marks)

5. Kate Strong said: "Don't you dare ask me about my protein!" Suggest what this tells us about the assumptions people make about vegan athletes. Using your own knowledge, explain how a vegan athlete could meet their daily protein requirements. (4 marks)

6. "A vegan diet can support elite athletic performance." Using the case study and your own knowledge, evaluate this statement. (6 marks)
