Athletes engaged in heavy endurance training often seek additional nutritional strategies to help maximize performance. Specific nutritional | Find, read and cite all the research you need on ResearchGate. Table 2 gives an example of the ideal nutrient composition for a sports drink during exercise (27). Sports drinks such as that shown in Table 2 should be ingested every 20 minutes during an endurance training session to help improve performance and reduce muscle protein breakdown. Postexercise nutrition for the endurance athlete is vital to restore muscle glycogen stores, enhance skeletal muscle fiber repair and growth, and maintain overall health and wellness. Sports Performance Bulletin helps dedicated endurance athletes improve their performance. Sense-checking the latest sports science research, and sourcing evidence and case studies to support findings, Sports Performance Bulletin turns proven insights into easily digestible practical advice. Supporting athletes, coaches and professionals who wish to ensure their guidance and programmes are kept right up to date and based on credible science. Nutrition for athletes is different for each athlete, his or her sport, training, and training time. As an athlete, your physical health is key to an active lifestyle. You depend on strength, skill, and endurance, whether you’re going for the ball or making that final push across the finish line. Being your best takes time, training, and patience, but that’s not all. Like a car, your body won’t run without the right fuel. You must take special care to get enough of the calories, vitamins, and other nutrients that provide energy. An athlete’s diet is not much different than that of any person striving to be healthy. You need to include choices from each of the healthy food groups. However, ath... Endurance sports are too different for a “one size fits all” food plan, so Ryan reveals nutrition specifics for runners, cyclists, triathletes, and swimmers that bring real performance advantages to athletes in those sports. Her guidelines also address special dietary considerations such as celiac disease, diabetes, and pregnancy. Smart nutrition can make the difference between a personal record and a lacklustre season. Whether you are a committed athlete looking for an edge or a newcomer with basic questions about hydration, fueling, and race-day tactics, this comprehensive guide is your must-read. Endurance sports are increasing in popularity and athletes at all levels are looking for ways to optimize their performance by training and nutrition. For endurance exercise lasting 30 min or more, the most likely contributors to fatigue are dehydration and... An individualized nutritional strategy can be developed that aims to deliver carbohydrate to the working muscle at a rate that is dependent on the absolute exercise intensity as well as the duration of the event. Endurance athletes should attempt to minimize dehydration and limit body mass losses through sweating to 2-3% of body mass. Gastrointestinal problems occur frequently, especially in long-distance races.