Message from the Guest Editor

Dear Colleagues,

Athletes train and compete in different sports disciplines, such as strength and endurance.

Considering existing guidelines, athletes are recommended to follow specific nutrition strategies during training and competition.

The intention of this Special Issue is to provide new insights of recent findings.

Specific topics might be:

- Nutrition before, during, and after performance
- Nutrition in different age groups, such as adolescents and age group athletes
- Nutrition during performance under specific conditions, such as extreme cold, extreme heat, during swimming, cycling, or running
- Nutrition before, during, and after team events, or intermittent exercise, such as ball games.

Prof. Dr. Beat Knechtle
Guest Editor

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