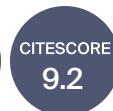




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Sports Nutrition in Endurance Performance

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Deadline for manuscript
submissions:

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Message from the Guest Editors

Dear Colleagues,

In years past, sports nutrition for the endurance athlete focused on the provision of adequate carbohydrates before, during, and after training or competition, as well as maintaining adequate hydration. Today, however, sports nutrition has expanded to cover a wide range of subtopics, including the manipulation of various macro- and micronutrients, unique hydration practices, the influence of various polyphenols and antioxidants, new ergogenic aids, and strategies for enhancing recovery or mitigating muscle damage following a bout of endurance training. Moreover, there are currently advances being made in sports nutrition for female endurance athletes. Collectively, athletes and coaches alike are seeking evidence-based recommendations to enhance athletic performance during competition and to optimize training-induced adaptations. Therefore, this Special Issue by Nutrients invites the submission of manuscripts, either describing original research or reviewing the scientific literature, that advance scientific understanding on all aspects of sports nutrition in endurance performance and recovery.



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Special Issue



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Message from the Editorial Board

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