

Special Issue

Sports Nutrition in Endurance Performance

Message from the Guest Editors

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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About the Journal

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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