

Special Issue

Nutritional Strategies to Optimize Exercise Performance and Recovery

Message from the Guest Editor

Chronic exercise training programs require careful planning to maximize recovery following training sessions. As I am sure we can all agree, incomplete recovery can reduce the effectiveness of training, increase risk of injury, and, ultimately, negatively impact exercise performance. Nutritional considerations and resultant strategies are an important component of any comprehensive training plan. Nutritional strategies may include the consideration of macro/micronutrients, dietary supplementation, pre/post exercise nutrition, hydration, etc. Each of these strategies targets a slightly different aspect of exercise training, recovery, and/or performance. A variety of experimental designs and approaches are possible to test nutritional strategies for exercise recovery and performance. In this Special Issue, we are exploring novel approaches to validate the efficacy of nutritional strategies to maximize exercise recovery and, by extension, exercise performance. New measurement techniques, or new applications of existing techniques, are of particular interest.

Guest Editor

Prof. Dr. Brian K. McFarlin

1. Applied Physiology Laboratory, University of North Texas, Denton, TX 76203, USA

2. Department of Biological Sciences, University of North Texas, Denton, TX 76203, USA

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Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

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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.

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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