

## Special Issue

# Environmental and Nutritional Strategies to Optimize Performance and Recovery in Athletes

### Message from the Guest Editors

This Special Issue, *"Environmental and Nutritional Strategies to Optimize Performance and Recovery in Athletes,"* explores cutting-edge research and practical approaches to enhance performance and accelerate recovery through targeted interventions. Athletes face diverse environmental challenges—heat, altitude, pollution—that impair physiological and cognitive function. In parallel, evidence-based nutritional strategies, including macronutrient manipulation, hydration, antioxidant support, and periodized nutrient timing, are key in maintaining homeostasis, reducing inflammation, and supporting immunity during intense training and competition. We welcome original research, reviews, and clinical trials examining the isolated or combined effects of environmental and dietary strategies on performance, adaptation, fatigue, injury prevention, and recovery kinetics. Our aim is to provide scientifically grounded recommendations for athletes, coaches, sports scientists, and clinicians, contributing to personalized, evidence-based protocols that improve outcomes in high-performance contexts.

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### Guest Editors

Prof. Dr. Rodolfo de Paula Vieira

Dr. Asghar Abbasi

Dr. André L. L. Bachi

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### Deadline for manuscript submissions

25 February 2026



## Nutrients

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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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### Editors-in-Chief

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