

## Special Issue

# Nutrition and Supplements for Athletic Training and Racing

### Message from the Guest Editor

A ‘food first’ approach is vital for fuelling athlete adaptation, performance, recovery, and overall health. Yet, to push boundaries, a ‘food first, but not food only’ approach is necessary to further support athlete development and maintenance of performance. This is where supplements come into play, providing that extra edge to support development and sustain peak performance. In this Special Issue, we welcome cutting-edge research on nutritional supplementation strategies, offering actionable insights for athletes looking to optimise their adaptation, performance, recovery, and health in both training and competition.

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### Guest Editor

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### Deadline for manuscript submissions

5 December 2025



## Nutrients

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### 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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