

Special Issue

Training and Nutrition for Performance: Males, Females, and Gender Differences—2nd Edition

Message from the Guest Editors

The number of participants in sports, whether amateur or professional, or in highly demanding exercise modalities, such as high-intensity functional training or ultra-endurance racing, has increased in recent decades. Both males and females are increasingly engaging in fitness exercise programs to improve their health and wellness, as well as in efforts to reach their limits.

Along these lines, there is an increasing demand to adapt combined training programs with nutritional control, the ingestion of nutritional supplements, and/or use of ergogenic aids to address the peculiarities of females and males (e.g., hormone regulation, nutritional demands, etc.) in order to help competition and fitness, enhance adaptations, and thus optimize improvements in performance, wellness, and health.

This Special Issue aims to publish original research articles, systematic reviews, and meta-analyses addressing the necessity of deeply studying the specific effects of combined training and nutrition interventions in female and male exercise practitioners' adaptations, health, and performance.

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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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