

Special Issue

Nutrition Interventions in Multiple-Sprint Sports and Exercises

Message from the Guest Editors

Sports involving multiple sprints, including team and racquet disciplines, are characterised by repeated bouts of high-intensity exercise interspersed with short recovery periods. These unique demands place considerable stress on athletes' energy systems, neuromuscular functions, and recovery capacity.

Therefore, optimal nutritional strategies are essential to enhance performance, accelerate recovery, optimise body composition, and reduce the risk of injury. Topics of interest include, but are not limited to, the following: •

The effects of sports nutrition strategies on high-intensity interval and multiple-sprint performance;

- The influence of dietary patterns and macronutrient distribution on body composition and recovery;
- Evidence-based approaches to supplementation and ergogenic aids;
- Nutritional strategies for injury prevention and rehabilitation. The role of personalised nutrition in optimising performance outcomes. We invite the submission of original research articles and reviews that provide novel insights into the intersection of nutrition, exercise, and performance in multiple-sprint sports.

Guest Editors

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About the Journal

Message from the Editor-in-Chief

Sports (ISSN 2075-4663) is a peer-reviewed scientific journal that publishes original articles, critical reviews, research notes and short communications in the interdisciplinary area of sport sciences and public health. It links several scientific disciplines in an integrated fashion, to address critical issues related to sport science and public health. The journal presents diverse original articles, including systematic and narrative reviews, cohort and case control studies, innovative randomized trials, and formative research using qualitative and quantitative methods with the aim to provide information for researchers to plan intervention programs. It addresses diverse public health, physical activity and exercise science topics.

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