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Sports Nutrition in Endurance Performance

Guest Editors:

Dr. Hunter S. Waldman

Human Performance Research
Laboratory, Department of
Kinesiology, University of North
Alabama, Florence, AL 35632,
USA

Prof. Dr. Eric O'Neal

Department of Kinesiology, The
University of Alabama,
Tuscaloosa, AL 35487, USA

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Message from the Guest Editors

Dear Colleagues,

In years past, sports nutrition for the endurance athlete focused on the provision of adequate carbohydrates before, during, and after training or competition, as well as maintaining adequate hydration. Today, however, sports nutrition has expanded to cover a wide range of subtopics, including the manipulation of various macro- and micronutrients, unique hydration practices, the influence of various polyphenols and antioxidants, new ergogenic aids, and strategies for enhancing recovery or mitigating muscle damage following a bout of endurance training. Moreover, there are currently advances being made in sports nutrition for female endurance athletes. Collectively, athletes and coaches alike are seeking evidence-based recommendations to enhance athletic performance during competition and to optimize training-induced adaptations. Therefore, this Special Issue by *Nutrients* invites the submission of manuscripts, either describing original research or reviewing the scientific literature, that advance scientific understanding on all aspects of sports nutrition in endurance performance and recovery.



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Special Issue



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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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Nutrients Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

Tel: +41 61 683 77 34
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