



## Nutrition Support for Athletic Performance

Guest Editors:

**Prof. Mark Russell**

School of Social and Health  
Sciences, Leeds Trinity University,  
Horsforth, Leeds LS18 5HD, UK

**Dr. Jill Parnell**

Department of Health and  
Physical Education, Mount Royal  
University, 4825 Mount Royal  
Gate SW, Calgary, AB T3E 6K6,  
Canada

Deadline for manuscript  
submissions:

**closed (10 June 2019)**

### Message from the Guest Editors

Dear Colleagues,

Athletes and their support personnel are constantly seeking evidence-informed recommendations to enhance athletic performances during competition and to optimize training-induced adaptations. Accordingly, nutritional and supplementation strategies are commonplace when seeking to achieve these aims, with such practices being implemented before, during, or after competition and/or training in a periodized manner. Performance nutrition is becoming increasingly specialized and needs to consider the diversity of athletes and the nature of the competitions. *Nutrients*, therefore, welcomes the submission of manuscripts, either describing original research or reviewing scientific literature, on the topic of nutrition support for athletic performance, which highlight recent advances in the discipline.

Prof. Mark Russell

Dr. Jill Parnell

*Guest Editors*





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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

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