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Nutrition and Training Strategies for the Female

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Message from the Guest Editors

Dear Colleagues,

The presence of women in sports, both amateur and professional, has increased in recent decades. Women are increasingly engaging in fitness exercise programs to improve their health and wellness. Nevertheless, specific knowledge about nutrition and training strategies has been developed mainly in males. The specific information applied to women has been investigated to a lesser extent. Due to the physiological, anatomical, and biological differences between men and women, it become essential to independently study women.

There is an increasing demand to adapt combined training programs with nutritional control, ingestion of nutritional supplements, and/or use of ergogenic aids to women particularities (e.g., menstrual cycle, contraceptive treatments, iron deficiency), in order to help both competition and fitness, to enhance adaptations, and thus optimize improvements in performance, wellness, and health.

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



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Special Issue



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