

## Nutritional Coaching Strategy to Modulate Training Efficiency

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**Subjects:** Sports Nutrition, Sports Performance, Training Adaptations.

**Description:** *Nutritional Coaching Strategy to Modulate Training Efficiency* contains the proceedings of the 75<sup>th</sup> Nestlé Nutrition Institute Workshop held in Mallorca, Spain on the 7-8<sup>th</sup> of December 2011. This publication includes all the presented scientific papers covering nutritional strategies that could be worked into an overall coaching regimen to help athletes best prepare for their competitions.

**Purpose:** The aim of the workshop and so the book is to provide a solid scientific basis to help the reader define key targets for future interventions and develop new insights into the complex interaction between nutrition and exercise.

**Audience:** The book is best for medical students, athletes and clinicians in the fields of sports medicine, sports nutrition, exercise physiology, and sports science.

**Features:** This book includes 12 clearly written and well documented scientific papers; each is written by different experts and includes 15 figures and 13 tables. The following topics from the proceedings of the workshop are addressed in the papers: “Nutritional strategies and endurance training”, “Bicarbonate loading and performance”, “Nitrate supplementation and exercise tolerance”, “Nutritional strategies and high-intensity interval training”, “Dietary strategies and muscle loss following injury”, “The new carbohydrate intake recommendations”, “Dietary protein and muscle reconditioning”, “Nutritional support and immune status during intense training”, “Use of  $\beta$ -alanine as an ergogenic aid”, “Vitamin D supplementation in athletes”, “Weight management in the performance athlete”, and “Concluding remarks”.

**Assessment:** The authors of each paper are highly knowledgeable scientific experts and all are specialists in different areas of sports nutrition from around the world. The accompanying “Questions and Answers” section at the end of each review paper shed light on the practical application of each related topic.

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