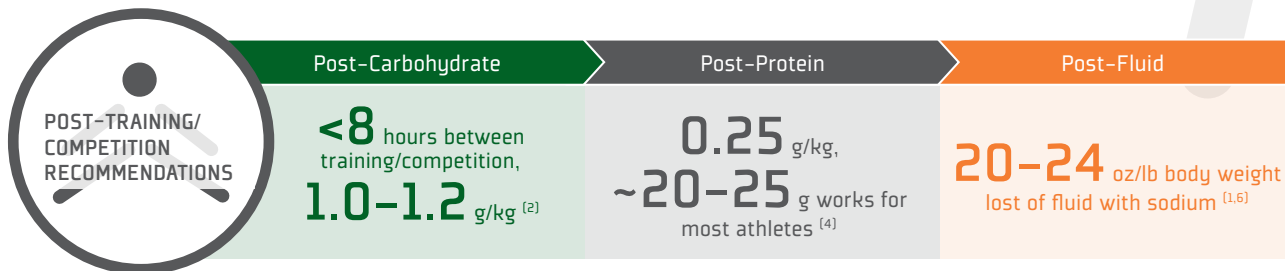
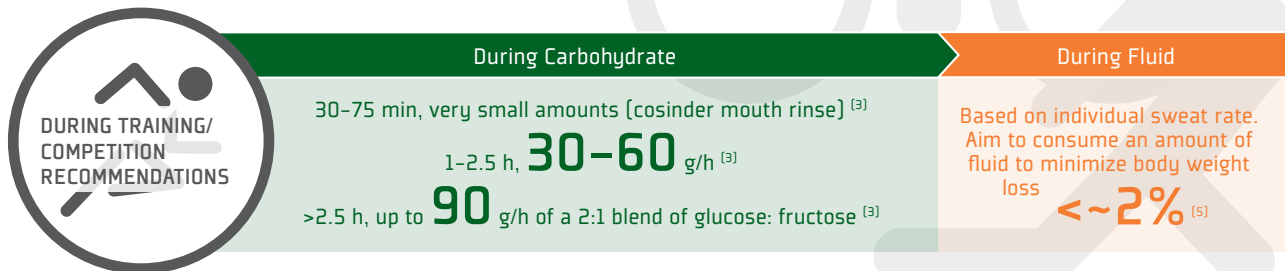
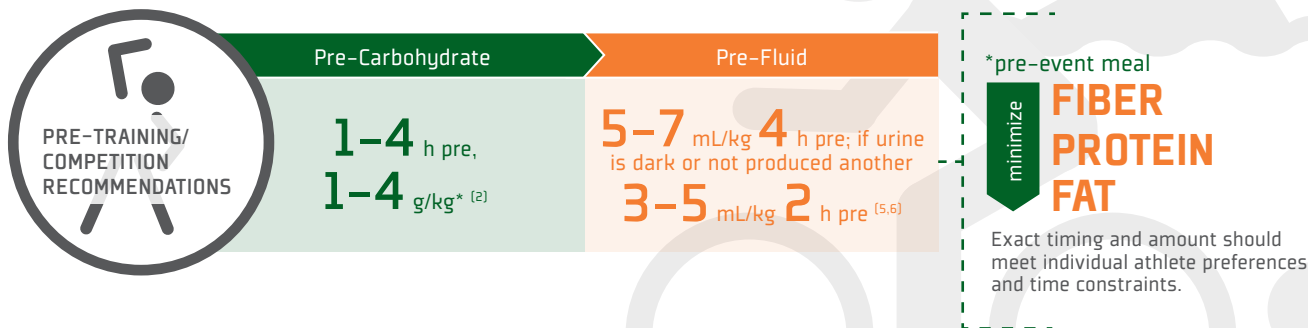
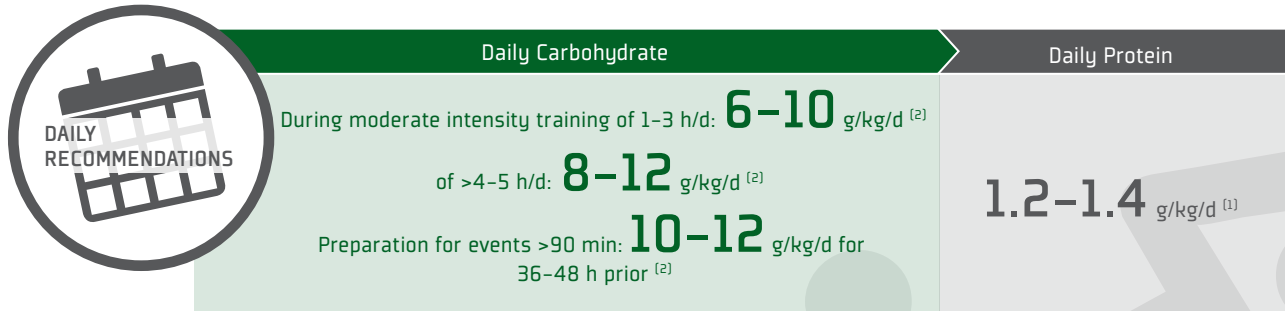


BY THE NUMBERS | ENDURANCE TRAINING

SPORTS NUTRITION FOR THE COMPETITIVE SEASON

Current Recommendations from the Scientific Literature This document is designed as a quick reference of published recommendations for adults. These numbers should be used as a guide, taking into account individual factors and goals of the athlete.



For more in-depth information, refer to the Foods and Fluids for Endurance Sports at www.GSSIweb.org/for-practitioners.

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