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Sport Nutrition: An Introduction to Energy Production and ...

Asker Jeukendrup is considered a leading expert in the general areas of sport nutrition, training and overtraining and recovery. He is a registered sport and exercise nutritionist and has worked with several elite athletes and clubs around the world, including Chelsea FC, FC Barcelona and UK Athletics.

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Asker Jeukendrup, PhD, is a professor at Loughborough University in the United Kingdom, the director of the Mysportscience performance consulting firm, and cofounder and co-CEO of CORE Nutrition Planning. After obtaining his degrees at Maastricht University in the Netherlands, he spent a year at the University of Texas at Austin before accepting a position at the University of Birmingham in the United Kingdom.

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Professor Jeukendrup has competed in 21 Ironman races, including 6 Ironman Hawaii triathlons. He won the Golden Gate Headlands Marathon in 2006 (3:22:48) and competed at the European and World Championships duathlons. Notable Bibliography. Textbook on Sports Nutrition (3rd edition) 2018; Textbook on Sport Nutrition (2nd Edition) (2009) High-Performance Cycling (2002) Notable Clients. Haile Gebrselassie - Ethiopian long-distance track and road running athlete, Olympic gold medalist.

Asker Jeukendrup - Wikipedia

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Sport nutrition : an introduction to energy production and performance / Asker Jeukendrup, Michael Gleeson. ISBN: 0736079629 9780736079624 Author: Jeukendrup, Asker E. viaf Gleeson, Michael viaf Edition: 2nd ed. Publisher: Leeds : Human Kinetics, 2010. Description: Xi, 475 p. : ill. ; 28 cm. Bibliography: Includes bibliographical references and index. Contents:

Sport nutrition : an introduction to energy production and ...

Twitter This is an excerpt from Sport Nutrition-2nd Edition by Asker Jeukendrup & Michael Gleeson. Fatigue toward the end of a prolonged sporting event may result as much from dehydration as from fuel substrate depletion. Exercise performance is impaired when an individual is dehydrated by as little as 2% of body weight.

Dehydration and its effects on performance - Human Kinetics

'Periodized nutrition' refers to the strategic combined use of exercise training and nutrition, or nutrition only, with the overall aim to obtain adaptations that support exercise performance. The term nutritional training is sometimes used to describe the same methods and these terms can be used

interchangeably.

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