



Nutrition for Endurance Athletes

Daily

Daily nutrition requirements, in addition to nutrients required for pre-, peri-, and post workouts, should be a focus of every serious endurance athlete. Endurance athletes rely on phosphocreatine and glycogen for energy during events. These energy stores should be maintained day to day in order to not cause a cumulative deficit. However, these stores cannot be maintained if minimal calorie, carbohydrate, protein, fat, vitamin, mineral, and water needs are not met. First look at the energy systems endurance athletes use. Then, learn what day to day nutrition is needed to provide a foundation for your energy systems.

This sheet goes on to describe the energy systems endurance athletes use and how they are affected by nutrient and fluid intake. It provides daily recommendations for water, calories, carbohydrates, protein, fats, and vitamins and minerals. It compliments the Meal Plan provided in the Apex Nutrition Endurance Sports Nutrition Plan.