

Asker Jeukendrup

Not all Endurance Sports require the same nutritional advice/support (Cycling)

In this lecture we will discuss how nutrition in professional cycling has changed in the last decennia. With examples from one of the leading pro cycling teams we will discuss how fueling strategies during races as well as to day to day support for riders, have advanced and how nutrition became one of the key differentiators. What role did science play and how important is nutrition knowledge in pro cycling?