

Modulating Nutrition Specific Strategies For Enhancing Performance

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In addition to regular training, nutrition is one of the key factors that modulate exercise performance. Over the last few decades, much of sports nutrition research focused on the ways to improve performance especially on race days rather than during their training periods. Thus, nutritional requirements during training and competition are not only challenging but require rigorous and systematic preparations. A healthy diet, adapted to meet the specific demands of training and competition aids to attain optimal performance. Most athletes are primarily preoccupied with diet and nutritional support prior to and during training and competition. However, there is an increasing awareness regarding the nutritional interventions that play a key role in translating the many training hours into useful adaptive responses in the individual athlete. Some of the recent nutritional interventions are used to provide ergogenic strategies for sports. The presentation aims to explore the numerous latest nutritional strategies used to provide adaptive response in exercise training, such as role of carbohydrate and protein in post exercise muscle reconditioning and dietary nitrate supplementation. These nutrition strategies should be worked into an overall coaching regimen to get more out of the accumulated efforts of training in preparation for competition.