



MASTERCLASS: NUTRITION FOR ENDURANCE ATHLETES	
Presenter(s)	Alan McCubbin, Fellow SD Greg Cox APD, Fellow SD
Duration	3 hrs
Session overview	Nutrition considerations for endurance athletes
Objective	<ul style="list-style-type: none"> i) Determining nutrition requirements for training, optimising body composition as well as health & well-being ii) Periodising carbohydrate across the training cycle for recreational and elite athletes iii) Hydration and electrolyte testing and interpretation iv) Carbohydrate loading – maximising glycogen, minimising GI issues v) Race day nutrition planning <ul style="list-style-type: none"> ▪ Planning ahead for success ▪ Planning for different start times ▪ The pre-event meal ▪ How much carbohydrate during? ▪ Fluid & electrolyte planning ▪ Managing extremes – heat, cold & altitude ▪ Practical constraints and opportunities vi) Troubleshooting <ul style="list-style-type: none"> ▪ GI issues in endurance athletes ▪ Hitting the wall ▪ Flavour fatigue ▪ Cramping
Audience	Accredited and above
Format	<ol style="list-style-type: none"> 1. Case study activities 2. Q&A – Panel discussion
Attendee preparation	<ul style="list-style-type: none"> • Physiology series pre-learning plus endurance physiology webinar • 10 MCQ quiz