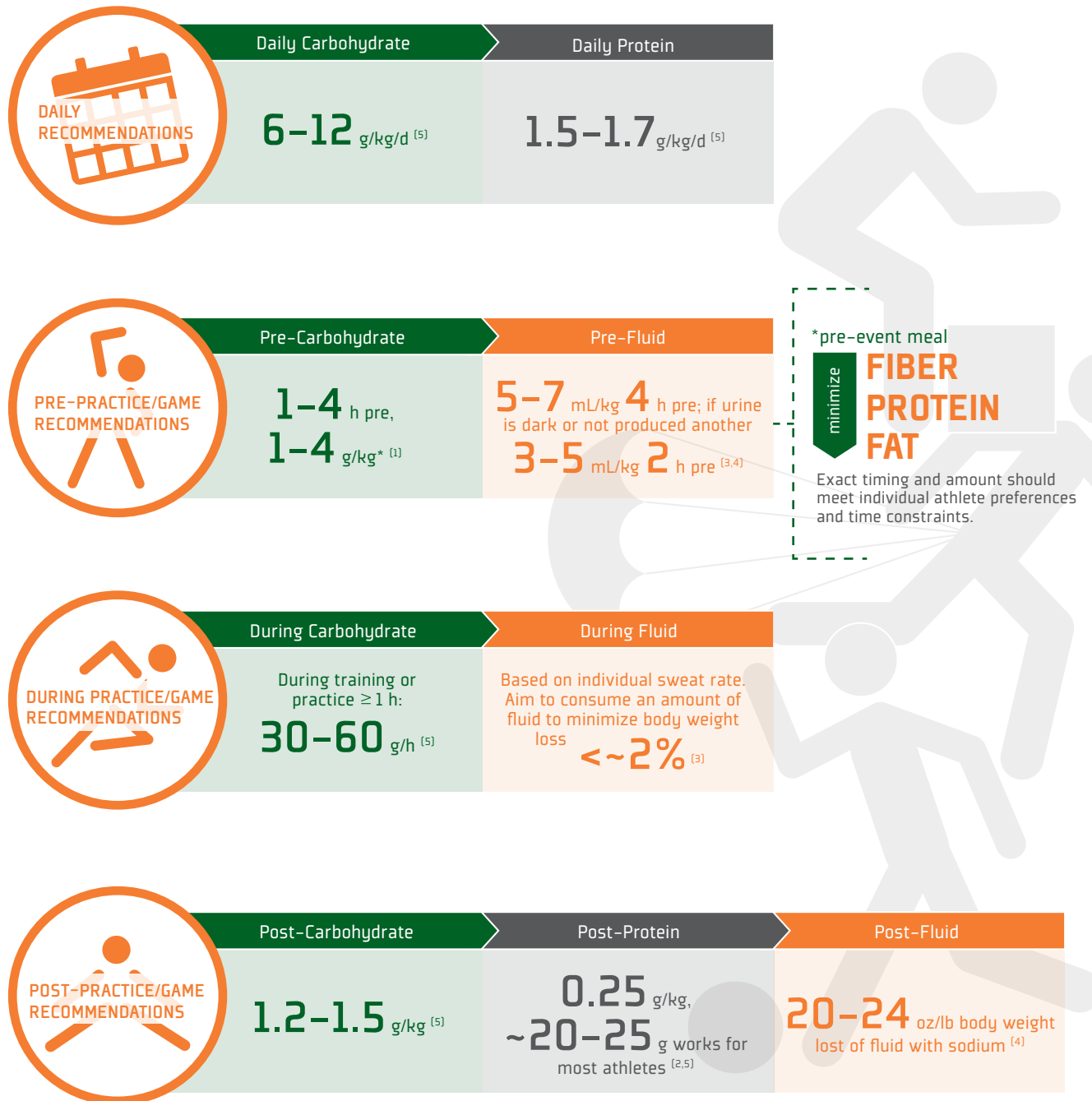


BY THE NUMBERS | EXPLOSIVE POWER SPORTS

SPORTS NUTRITION FOR THE COMPETITIVE SEASON

Current Recommendations from the Scientific Literature This document is designed as a quick reference of published recommendations for adults. These numbers should be used as a guide, taking into account individual factors and goals of the athlete. *Explosive power sports require an all-out effort. Jumping, sprinting, throwing, track, cycling, wrestling, gymnastics, speed skating, canoeing, kayaking and sprint swimming are some events that require quick, explosive power and strength.*



For more in-depth information, refer to the Foods and Fluids for Explosive Power Sports at www.GSSIweb.org/for-practitioners.

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