



# **Nutrition Periodization for Athletes: Taking Traditional Sports Nutrition to the Next Level**

*Bob Seebohar*

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Bypassing the traditional belief that the nutritional element is only important around the time of athletic competition, this “new school” approach highlights the benefits that a year-round, periodized nutrition plan can bring. A variety of training cycles are outlined, accompanied by specific physiological goals such as increasing endurance, speed, strength, and power and improving technique, tactics, and economy. Covering every sport from football and golf to track and field and martial arts, this guide addresses the true needs of athletes who are training and competing on a consistent basis.

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