

Sport et nutrition

Nutrition for Runners Key Strategies for Maximum Energy



- What are the intervention priorities for endurance athletes?
- How to optimize the performance plate
- Which micronutrients are at risk?
- What to eat before, during, and after training
- How to adapt hydration during endurance sports
- When and how to carb load

Find out how TeamNutrition can support your patients with:

- Our KoalaPro health app and its exclusive Premium and Premium+ messaging services
- A food diary powered by artificial intelligence.
- The integration of our referral form.
- And more!

Expand your knowledge and your team's expertise – book your Lunch and Learn today by contacting jlamarche@equipenutrition.ca.

