

ABSTRACT

Title: Nutrition of Czech Elite Marathon Runners

Aims: Theoretical part of this bachelor thesis summarises information on nutrition of endurance athletes. Practical part analyses dietary habits of Czech elite marathon runners. Objectives of this bachelor thesis were to survey if athletes are aiming at healthy dietary habits, how they maintain in pre-competition diet and whether they follow any of pre-event nutrition strategies.

Methods: Research was completed by sending an electronic questionnaire to a representative number of Czech marathon runners before the 2020 event season.

Results: Questionnaire was completed by twelve elite marathon runners, out of this number six men and six women. Outcome proved the athletes are interested in their diet, especially before events when hydration is increased, yet carbohydrates and other nutrients are kept unchanged. Almost all respondents use food supplements not only before the contest but also during the year, commonly it is BCAA.

Only 30 % of respondents is on super carb diet before the event. Approximately a week before the race they reduce the carb intake of 20–30 %, however three to four days before the race they increase the carb intake of 20–30 % above the usual numbers.

Key words: sports nutrition, marathon, pre-event diet, carbohydrate loading diet