

## **Abstract**

**Title:** Ketogenic diet in endurance sports

**Objectives:** The main goal of this work is to define and analyze the concepts of ketogenic diet and endurance. Further analyze the relationship between them. Another, no less important goal is to conduct a systematic literary research from all available sources that deal with this issue and draw conclusion from these individual studies.

**Methods:** Systematic literary research and comparison of literature dealing with the concept of ketogenic diet in endurance sports.

**Results:** The studies did not show a significant increase in performance during the comparison of a high-fat or ketogenic diet with a high-carbohydrate diet.

**Keywords:** Ketones, diet, athlete, sport, endurance