

# ABSTRACT

**Title:**

Sports Nutrition in Adventure Racing

**Objective:** The aim of this bachelor's thesis is to create a comprehensive theoretical overview of nutritional strategies and supplementation in the context of ultra-endurance sports, with a specific focus on adventure racing. The goal is to present the principles of sports nutrition, hydration, and the use of supplements as supportive tools for improving athletic performance and maintaining athlete health during prolonged physical exertion.

**Methods:** This thesis was developed as a literature review based on scientific articles, books, and academic databases, focusing on nutrition and supplementation in ultra-endurance sports.

**Results:** The thesis summarizes current knowledge regarding nutrition, hydration, and supplementation in the context of ultra-endurance disciplines, with a special emphasis on adventure racing. The output is a set of practical recommendations for competitors.

**Conclusion:** This thesis provides a comprehensive theoretical overview of nutritional strategies and supplementation in the context of adventure racing. It emphasizes proper hydration and sufficient intake of macronutrients, recommending that carbohydrates should account for approximately 50% of total energy intake, proteins 20%, and fats 30%. It also highlights that performance can be improved through supplementation, specifically with sports gels and caffeine.