

ABSTRACT

Topic of my bachelor thesis is Nutrition for endurance runners. Generally, relation between nutrition and sport activities is very popular current topic. I am an active long-distance runner myself; therefore people often ask me what the right nutrition for athletes should consist of and what might possibly cause negative effects.

This thesis was divided into two main parts, theoretical and practical. The first one is structured from general information through specification of terms endurance and nutrition to detailed description of individual components of nutrition. The second part consists of evaluation of long-distance runners' nourishment by NutriPro software, specialized tool for nutrition therapists.

The main goal of this thesis is to discover potential differences between performance and recreational long-distance runners. There were some hypotheses determined according to this goal, especially those referring to presumable higher intake of most nutrition components by performance runners in comparison to recreational ones.

As a result of quantitative research, I can confirm that there is definitely difference in intake of individual nutrition components between performance and recreational runners because both groups have different needs as far as their energy income is concerned.

Key words: endurance, nutrition, sporting performance, energy metabolism, nutrition supplements