

## **Abstract**

### **Title:**

Nutritional strategy for long-distance cross-country skiers

### **Objectives:**

The aim of the bachelor thesis is to answer as the clearest as possible the following research questions:

1. How appropriate diet affects the internal environment of the body long-distance cross-country skiers?
2. What composition of the diet and supplements is most suitable for long-distance cross-country skiers?
3. When to start eating regime that will help competitors prepare the body for the completion of remote cross-country skiing?

### **Methods:**

We used the research of czech and foreign literature. We searched the scientific studies related to our theme through the service Google Scholar. We also drew from licensed Internet databases (PubMed, SPORTDiscus, Scopus, ProQuest, OvidSP, JSTOR).

### **Results:**

We found that long-distance cross-country skiers should follow the macronutrients and micronutrients content in connection with food intake. The ratios of nutrients taken depends on whether it is a period before the race, during the race or after its completion. However, a key role in all three phases perform carbohydrates. Optimal nutrition strategy should start no later than 1-3 days before the race.

### **Keywords:**

sport, exercise, cross-country skiing, nutrition, food supplements, endurance, performance