

Report on Sports Nutrition Management

A Report on Sports Nutrition Management for Road Bicycle Race Athletes Focusing on Weight Maintenance: A case study of a young athlete who lives alone

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ABSTRACT

【Aim】

Professional bicycle racers in Japan tend to lose weight in the second half of summer, and their competitive performance also declines. Therefore, in this study, we explored a sports nutrition management program focusing on weight maintenance in the second half of the competition season.

【Methods】

The program was implemented from June, in the middle of the competition season between March to October. We targeted three young athletes living alone who were recommended by their coaches, and agreed to participate in the study. We conducted a survey of the body composition, the diet and the living hours for the assessment. In the management program, personal goals, target amounts of nutrients intake, and action plans were set based on the results of the assessment. For nutrition education, group guidance was provided twice. Individual counseling was provided once a month. Question-and-answer sessions via e-mail were conducted once or twice a week. The body weight and implementation of the action plan were monitored and recorded daily. The same measurements as in the assessment were performed and individual interviews were held once every month. All the activities were carried out in cooperation with the coaches.

【Results】

Weight loss after the start of the competition season was -0.4 kg for athlete A (-2.9 kg last year), +0.1 kg for athlete B (-2.2 kg last year), and -0.1 kg for athlete C (-1.7 kg last year). All the participant athletes were able to successfully maintain their body weight throughout the competition season.

【Conclusion】

All three participant athletes lost less weight and lean body mass throughout the season as compared to the previous year. The findings demonstrated the effectiveness of this sports nutrition management program.

Keywords: road bicycle race, sports nutrition, body weight, living alone