

UCI Sports Nutrition Project: Cycling





Cycling Resource



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The Science of Successful Cycling Performance

Considerations and Applications for the Use of Sports Foods and Supplements to Improve Performance in Cycling

Race Nutrition for Road Cycling

Performance Nutrition for Sprint and Endurance Track Cycling

Nutrition for Mountain Biking and Cyclocross

Competition and Training Demands, Physical Characteristics, and Nutritional Strategies for Performance in Bicycle Motorcross Race

Nutrition for the Emerging Cycling Disciplines of Esports and Gravel



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Nutritional Periodization: Strategies to Enhance Training Adaptation and Recovery

Body Composition, Energy Requirements, and Energy Availability in Cycling

Does Cycling Create a “Perfect Storm” for Bone Health? Cycling-Specific Challenges to Bone and Nutritional Strategies to Overcome These

Plate to Performance - Culinary Nutrition Support for Professional Road Cycling

The Role of Nutrition in the Prevention and Management of Illnesses and Injuries in Elite Cycling

Nutritionally Relevant Technological Advancements in Professional Cycling

Special Environments