SPRINGING Dietary Approaches to Optimize Training Adaptation & Performance
Reference: Slater, Sygo & Jorgensen IJSNEM 2019
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TRAINING

Ability to generate explosive muscle power
Optimization of power-to-weight ratio
Enhancement of anaerobic energy generation

Moderate carbohydrate intake
Muscularity for sprinters needs to be optimized rather than maximized

3-6 g/kg/day + optimized carbohydrate availability around training
~ 0.4 g/kg high biological value protein (i.e., easily digested, rich in essential amino acids) every 3-5 hr only after training sessions where hypertrophy may be beneficial

COMpetition

Limit intake of energy and macronutrients to prevent unwanted weight gain

Consider other acute methods of weight loss to enhance power-to-weight ratio under professional guidance (e.g., low-residue diets or intentional dehydration)

SUPPLEMENTS

Creatine monohydrate: All sprints, especially 100m & 200m
Dietary nitrate: 400 m, 400-m hurdles; possibly 100 m & 200 m and shorter hurdles
Sodium bicarbonate + β-Alanine: 400 m, 400-m hurdles
Caffeine: All