

Abstract

This bachelor thesis is aimed to find out nutrition indicators of performance triathletes and to compare them with non-sportsmen. The next aim is to point out the importance of proper balanced diet in endurance sport and to evaluate the usage of food supplements. This thesis is divided into two parts, a theoretical part and a practical one. Main individual nutrients are described in the theoretical part in connection with energy metabolism and with emphasis on influence of nutrition in triathlon.

The practical part summarizes results obtained from an analysis of a four-day nutritional intake of 8 performance triathletes and 8 non-sportsmen. A range of the respondents' age was between 26 and 37 years. The results point out that both groups have higher energy intake than recommended rate. Both groups' intakes of proteins and fats of animal origin are approximately twice higher than recommended as well as their results of micronutrient intake are not balanced. Furthermore, a brief questionnaire shows that 50 % of respondents were not satisfied how they can gain information about nutrition, at the same time 54 % use the internet as a main source of information and only 13 % read a scientific literature.

Key words: triathlon, sports nutrition, endurance performance, food supplements, drinking regime