

Title:

Body composition and dietary habits of triathletes

Objectives:

Assessment of differences in selected parameters of body composition between racing and non-racing season of triathletes and exploration of their dietary habits

Methods:

The bioelectric impedance Bodystat Quadscan 4000 was used for getting input and output data of body composition. Chosen anthropometric parameters were measured. Questionnaires generated by software SURVEY and FITLINIE were used to explore dietary habits.

Results:

Results of our study shows that different physical load in non racing and racing season in triathlon influences some parameters of body composition, but everything is influenced by individual variability. Dietary habits are influenced by individual variability too.

Keywords:

body composition, triathlon, bioelectrical impedance, nutrition in sport