NFC
ENDURANCE

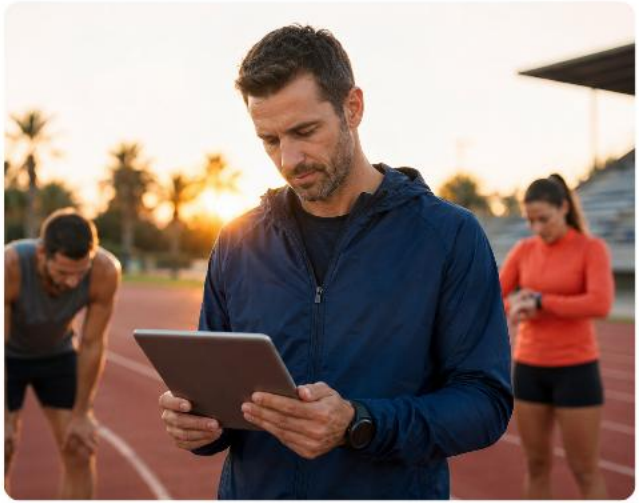
RESEARCH ROUNDUP

JULY 2026 | Inaugural edition

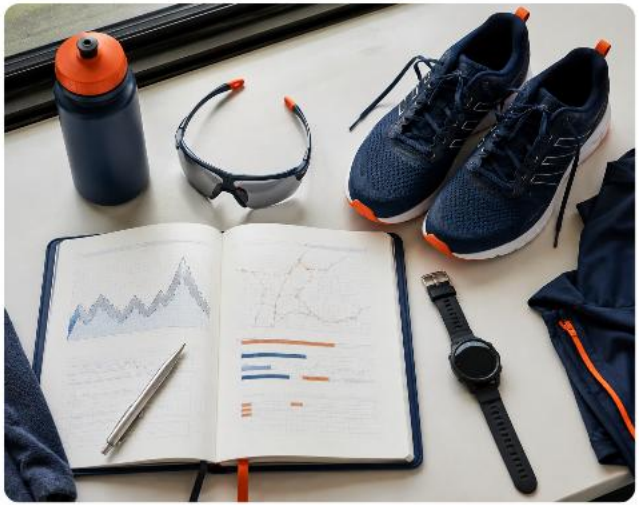
PREVIEW ISSUE

Evidence, translated for endurance

This inaugural edition brings together notable developments in endurance training, nutrition, physiology, technology and elite practice through July 2026. The aim is simple: separate useful evidence from noise and turn it into practical decisions for athletes and coaches.



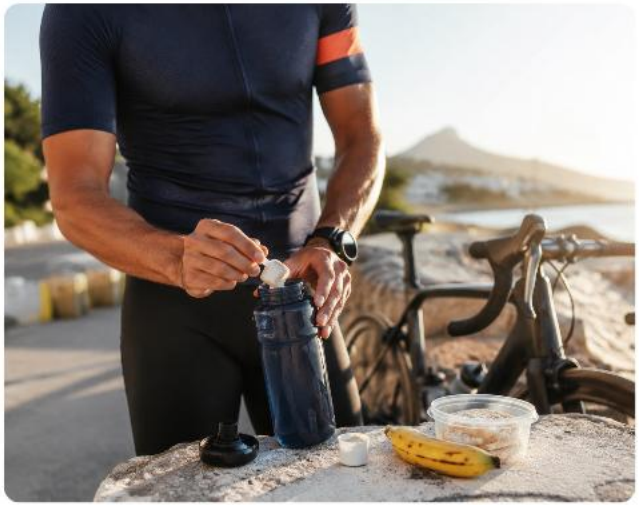
Inside the July issue



Promising ideas - proven priorities

Emerging work continues to investigate exogenous lactate, sodium bicarbonate, high-carbohydrate fuelling and individualised hydration. Lactate supplementation remains promising but experimental.

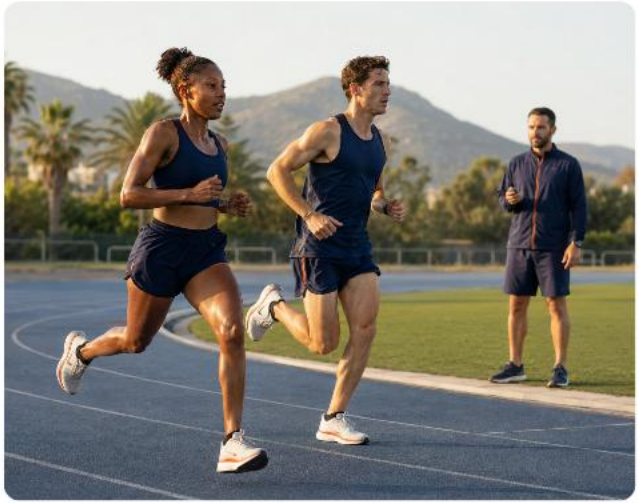
COACHING PRIORITY
Establish carbohydrate, hydration and sodium fundamentals before adding marginal-gain strategies.



Individualise the model

Evidence continues to support individualised threshold training and either polarised or pyramidal intensity distribution, depending on athlete level and context. Heat acclimation remains important before hot events.

PHYSIOLOGY
Research on glycogen availability, mitochondrial adaptation and durability is refining how coaches periodise intensity and fuelling.



Fundamentals still win

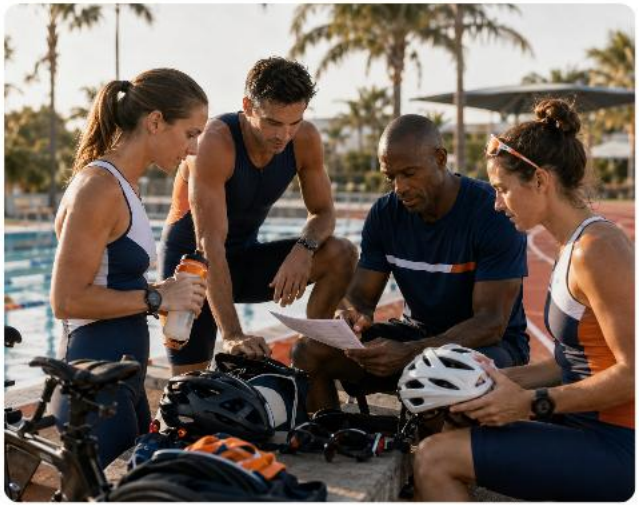
Sleep, appropriate carbohydrate and protein intake, and strength training remain the highest-value recovery interventions.

TECHNOLOGY
Wearables continue to improve estimates of training load, but laboratory testing remains the gold standard when precision matters.

Monitor, prepare, individualise

Professional cycling and triathlon teams increasingly integrate continuous monitoring, individualised fuelling and environmental preparation.

RESEARCH TO PRACTICE
Avoid chasing every new supplement. Prioritise structured training, adequate carbohydrate, protein, sleep and recovery.



More is not automatically better

MYTH
More supplements automatically improve endurance performance.

REALITY
Supplements can support a strong programme, but they cannot replace appropriate training, fuelling, sleep and recovery.

READ FURTHER
Sports Medicine; Medicine & Science in Sports & Exercise; Journal of Applied Physiology; International Journal of Sport Nutrition and Exercise Metabolism.