



MICHAEL ANDERSON

Endurance Sports Nutrition Specialist

Dedicated Sports Nutrition Scientist with a focus on the nutritional needs of athletes engaged in endurance sports. Expertise in developing comprehensive nutrition plans that support performance and recovery, utilizing a science-based approach. Strong background in research methodologies and data analysis, allowing for the identification of effective dietary interventions.

WORK EXPERIENCE

Endurance Sports Nutrition Specialist

2020-2023

Marathon Training Institute

- Designed nutrition plans specifically for marathon and triathlon athletes.
- Conducted metabolic testing to inform dietary adjustments.
- Facilitated nutrition workshops focused on endurance training.
- Collaborated with coaches to align nutrition with training schedules.
- Evaluated athlete hydration strategies during events.
- Provided ongoing support and counseling throughout training cycles.

Nutrition Research Analyst

2019-2020

Sports Science Research Institute

- Conducted studies on the effects of carbohydrate intake on endurance.
- Analyzed data to identify trends in athlete nutrition.
- Collaborated with researchers to publish findings in academic journals.
- Developed presentations for industry conferences.
- Assisted in grant writing for nutrition research projects.
- Provided insights for developing nutrition-focused educational materials.

ACHIEVEMENTS

- Improved athlete endurance performance by 15% through nutritional interventions.
- Published research findings in renowned sports nutrition journals.
- Recognized for exceptional service by the Endurance Sports Association.

CONTACT

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EDUCATION

M.S. in Sports Nutrition

University of Florida

2016-2020

SKILLS

- Endurance nutrition
- Research analysis
- Workshop facilitation
- Data interpretation
- Collaborative research
- Athlete support

LANGUAGES

- English
- Spanish
- French