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Asker Jeukendrup PhD. He is a distinguished sports and exercise nutritionist and has authored several books including High Performance Cycling,

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High Performance Cycling - Chapter 18. (Asker-Jeukendrup, Adrie van Diemen, Jabik Jan Bastiaans) Datum. 2002-01-01 . Titel Zeitschrift. High Performance Cycling

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Asker Jeukendrup What is better for performance: a high fat diet or a high carbohydrate? Low carb diet v high carb diet and cycling

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Asker Jeukendrup is a sports nutrition scientist and an Ironman triathlete. Contents. 1 Academic career; 2 Post-academic Career; High-Performance Cycling (2002)

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