

## Press release

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### Basic information

Name: Mads S. Larsen      Email: [mssl@ph.au.dk](mailto:mssl@ph.au.dk) Phone: 51922556

Department of: Public Health

Main supervisor: Mette Hansen

Title of dissertation: "Ernæringsstrategi til optimering af helbred og præstation i forbindelse med træning"

Date for defence: 27<sup>th</sup> at (time of day): 13.00 Place: Auditorium 135

Press release (Danish)

"Ernæringsstrategi til optimering af helbred og præstation i forbindelse med træning"

Den 27. november kl 13.00 forsvare Mads S. Larsen sin Ph.D.-afhandling med titlen: "Nutritional strategies to optimize health and performance in relation to exercise".

Forsvaret er offentligt og finder sted i auditorie 137, Institut for Folkesundhed, Dalgas Avenue 4, 8000 Aarhus C. Efterfølgende er alle deltagere inviteret til reception på samme adresse.

Projektet mål var at undersøge næringsstrategier, til optimering af træningseffekter i atleter og overvægtige, som ønsker forbedringer i hhv. præstation og helbredsparametre. Resultaterne fra projektet er således, til gavn for et bredt spektrum af befolkningen fra den utrænede overvægtige patient til eliteatleten.

Projektet indeholder tre randomiserede, kontrollerede humane interventionsforsøg med formålene at

- 1) belyse strategier til optimering af kropssammensætning og helbred under negativ energibalance,
- 2) belyse effekten af proteinindtag før morgentræning for optimering af træningsadaptationer til udholdenhedstræning
- 3) undersøge betydning af indtag af protein før natten for optimering af restitution og præstation hos løbere.

Forsvaret af ph.d.-projektet er offentligt og finder sted den 27/11 kl. 13.00 i auditorium 137, Aarhus Universitet, Dalgas Ave. 4, Aarhus. Titlen på projektet er "Ernæringsstrategi til optimering af helbred og præstation i forbindelse med træning". Yderligere oplysninger: Ph.d.-studerende Mads S. Larsen, e-mail: [mssl@ph.au.dk](mailto:mssl@ph.au.dk).

Bedømmelsesudvalg:

Lektor, Kristian Overgaard PhD, Institut for Folkesundhed, Aarhus Universitet, DK.

Senior Lecturer, Carl Hulston PhD, School of Sport, Exercise and Health Sciences,

Loughborough University, Leicestershire, UK

Lektor, Jesper Franch PhD, Institut for Medicin og Sundhedsteknologi, Aalborg Universitet, DK.

Press release (English)

Nutritional strategies to optimize health and performance in relation to exercise

On November 27<sup>th</sup> at 01.00 pm. Mads S. Larsen is defending his PhD-dissertation with the title "Nutritional strategies to optimize health and performance in relation to exercise"

The defence is public and takes place at Department of Public Health, Dalgas Ave. 4, Auditorium 135.

The aim of the project was to investigate nutritional strategies for optimization of training adaptations in athletes and overweight wishing to improvements in performance and/or health parameters. The results of the projects is thus beneficial to a wide spectrum of the population.

The project consists of three randomized controlled human trials with the aims of

- 1) Investigating strategies for optimization of body composition and health during energy restriction.

2) Investigate the effect of protein intake before a morning workout to optimize the endurance training response.

3) Investigate the effect of protein intake before sleep for optimization of recovery and performance. The defence is public and takes place on 27/11 at 1. pm in auditorium 135, Aarhus University, Dalgas Ave 4., Aarhus. The title of the project is "Nutritional strategies to optimize health and performance in relation to exercise". For more information, please contact PhD student Mads S. Larsen, email: msl@ph.au.dk.

Assessment committee:

Associate Professor, Kristian Overgaard PhD, Institut for Folkesundhed, Aarhus Universitet, DK.

Senior Lecturer, Carl Hulston PhD, School of Sport, Exercise and Health Sciences,

Loughborough University, Leicestershire, UK

Associate Professor, Jesper Franch PhD, Institut for Medicin og Sundhedsteknologi, Aalborg Universitet, DK.

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