

Here's how the lineup works:

- On the first of the month, this document will be distributed, including four articles and four podcast episodes.
- Over the course of the month, read and listen to those at your own pace.
- On the first of the *following* month, a new set of articles and episodes will be emailed.

Articles

Kreher, J.B., Stepanek, J., Amrine, R., & Reddy, S. (2025). Overtraining syndrome (OTS) in three endurance athletes and roads to recovery. *BMJ Case Rep*, 18(7):e265066.

<https://pubmed.ncbi.nlm.nih.gov/40623787/>

Hackney, A.C., Moore, S.R., & Smith-Ryan, A. (2025). Low energy availability, carbohydrate intake, and relative energy deficiency in sport: the low triiodothyronine hypothesis. *Int J Sports Physiol Perform*, ahead of print:1-4. <https://pubmed.ncbi.nlm.nih.gov/40639795/>

Costa, R.J.S., Gaskell, S.K., Henningsen, K., Jeacocke, N.A., Martinez, I.G., ... & Young, P. (2025). Sports Dietitians Australia and Ultra Sports Science Foundation joint position statement: a practitioner guide to the prevention and management of exercise-associated gastrointestinal perturbations and symptoms. *Sports Med*, 55(5):1097-1134. <https://pubmed.ncbi.nlm.nih.gov/40195264/>

Hannon, S.C., McStravick, J., Henthorn, L., Bawden, S.J., Tang, J.C.Y., ... & Hearn, M.A. (2025). Co-ingesting whey protein with dual-source carbohydrate enhances amino acid availability without compromising post-exercise liver glycogen resynthesis. *J Physiol*, ahead of print:1-17.

<https://pubmed.ncbi.nlm.nih.gov/40632477/>

Podcast Episodes

[Performance Nutrition 365](#): Whey Protein & Carbohydrate: Glycogen Resynthesis & Amino Acid Availability (0:17:21)

[Normal Curves](#) (Ep. 11): Stats Reunion: What have we learned so far? (0:56:00)

[BJSM Podcast](#) (Ep. #573): Time, test, or treatment? How to get athletes back to sport after ACL reconstruction with Dr. Roula Kotsifaki (0:16:00)

[BJSM Podcast](#) (Ep. #572): Knees Under Pressure: The role of body mass and adiposity on knee health (0:20:00)