

– “By failing to plan, you are preparing to fail.” Benjamin Franklin –

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 summary, key notes, and additional insight for each will be included, along with a new set of articles and episodes.

Articles

Witard, O.C., Bannock, L., & Tipton, K.D. (2022). Making sense of muscle protein synthesis: a focus on muscle growth during resistance training. *IJSNEM*,32(1):49-61.

<https://doi.org/10.1123/ijsnem.2021-0139>

Nunes, C.L., Jesus, F., Oliveria, M.V., Thomas, D.M., Sardinha, L.B., ... & Silva, A.M. (2023). The impact of body composition on the degree of misreporting of food diaries. *Eur J Clin Nutr* (published online ahead of print December 2023). <https://doi.org/10.1038/s41430-023-01382-9>

Hilkens, L., Boerboom, M., van Schijndel, N., Bons, J., van Loon, L.J.C., & van Dijk, J.-W. (2023). Bone turnover following high-impact exercise is not modulated by collagen supplements in young men: a randomized cross-over trial. *Bone*,170:116705. <https://doi.org/10.1016/j.bone.2023.116705>

Weber, J.-M., & Faham, F. (2005). Fuel selection in shivering humans. *Acta Physiol Scand*,184(4):319-29. <https://doi.org/10.1111/j.1365-201X.2005.01465.x>

Podcast Episodes

[Science for Sport Podcast \(#67\)](#): Weight Cutting: Risks, Diet Secrets and How To Do It Safely (31:03)

[The Proof with Simon Hill \(#290\)](#): The Science of Protein, Masterclass for Muscle Growth & Longevity (2:08:14)

[Strength Coach Network](#): Masterclass on Athletics (Jennifer Gibson, Les Spellman, Zach Dechant) (2:34:09)

[Performance Nutrition Podcast \(S7, E17\)](#): Pre-Sleep Fueling and Recovery, Wearables, & Collagen for Pain (57:11)