

Climate Change and Endurance Sports

Sporting events are increasingly experiencing the consequences of climate change and the threat of extreme weather events. Although the COVID-19 pandemic is not a result or necessarily a reflection of climate change, it is neatly serving to illustrate both society's impact on and reaction to climate change. With a higher frequency of event disruptions for pro cycling – which is dependent on its “outdoor arena” – what impacts can cyclists expect in the future, how can we physiologically adjust to these changes, and how can the sport navigate a successful future?

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By Dr. William Apollo and Steve Maxwell, June 24th, 2020.