

## **Nigel Mitchell**

**Head of Nutrition for EF Education First Pro-Cycling Team  
Technical Lead, English Institute of Sport**

Nigel has worked in clinical nutrition and elite sport for over 25 years, even though he is closely associated with cycling he has extensive experience of other sports and performance environments. This included heading up nutrition for a premiership soccer team, providing strategic and athlete support for the Royal Yacht Association and supporting the design and implementation of corporate leadership programs.

In 2009, he led the nutrition strategy for Team Sky and in 2012 he provided nutritional support for the historical Bradley Wiggins Tour de France win and for British Cycling at the 2012 London Olympiad. Team Sky backed up the win with Chris Froome's successful bid to be the 2013 Tour de France champion and again in 2015. His work involves leading and providing specialist nutritional services to top athletes and sportspeople. Since 1999 he has worked full time in performance nutrition. This has expanded from using nutrition to support the performance of athletes to using the same principles to support performance in the work environment. He is committed to supporting people to achieve their performance goals through diet and nutrition.

Nigel has written many articles focusing on nutrition and sport and has combined all of his years of cycling nutrition experience to publish the book "Fueling the Cycling Revolution", published by Bloomsbury press. Responding to questions and interests from cyclists he is currently working on a new book with a working title of 'The Meat Free Cyclist', this book aims to provide the information, guidance and practical advice for the ever growing number of people that are looking to either cut down or cut out animal products. As part of his research for the book Nigel followed a strict plant-based diet for three months which fundamentally changed his approach to food.

Along with his current position of Head of Nutrition for EF Education First Pro-Cycling Team, Nigel works with the English Institute of Sport as a technical lead, where he provides strategic nutrition support for British Athletics and Cross Country Skiing. Nigel recognizes and values the contribution that innovation and research provides to sports nutrition and he is currently involved in partnerships with Universities on academic and teaching projects. He believes an individual's nutritional needs should be provided through the diet and if required supported by specialist nutritional products. He specializes in performance-focused diets to help people perform better.

