



## COURSE TIMETABLE

Start Time 9:00am

9am Introduction

10am The Training Diet  
Part 1

11.30pm The Training Diet  
Part 2

1.15pm Setting up a  
Periodised Nutrition Plan

3.15pm Race-Day  
Nutrition

11.15am 15-minute break  
(Refreshments will be provided)

12:30pm Lunch  
(Lunch will be provided)

3pm 15-minute break  
(Refreshments will be provided)

4pm Creating a Race-  
Day Nutrition Protocol

Approx finishing time 6:00pm


Lectures

Seminars

Workshops

TO GET IN TOUCH ▶

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 Mac-Nutrition Online Community

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