



COURSE TIMETABLE

Start Time 9:00am

9:00am Introduction

10:15am The Training Diet

12:45pm Match-Day
Nutrition

2:15pm Body Composition
Manipulation

5pm Q&A

10am 15-minute break
(Refreshments will be provided)

12pm Lunch
(Lunch will be provided)

2pm 15-minute break
(Refreshments will be provided)

3:30pm Setting up a
Periodised Nutrition Plan

Approx finishing time 5:30pm

Lectures

Seminars

Workshops

TO GET IN TOUCH ▶

 Katherine@Mac-Nutrition.com

 +44(0)1509 400 150

 Mac-Nutrition Online Community

 @MacNutrition



COURSE GUIDE

Introduction

- An introduction to 'Nutrition for Team Sports'
- Underpinning Principles for the Course
- Building a Framework for Applying Theory to Practice

The Training Diet

- The Hierarchy of Performance Principles
- Carbohydrate Periodisation for Optimising Fuelling and Signalling
- Optimising Recovery and Maximising Adaptation
- Optimising the Hormonal and Immunological Environment
- The Theoretical Underpinning of Commonly Used Supplements in Team Sports
- Injury Prevention and Rapid Recovery

Match-Day Nutrition

- Contemporary Methods for Maximising Match-Day Performance
- Advanced Match-Day Supplementation Strategies
- Intra-Match Considerations

Body Composition Manipulation

- Macronutrient Considerations for Body Composition
- Fat Loss with Performance Maintenance
- Muscle Gain Protocols

Setting up a Periodised Nutrition Plan

- Practical Considerations for:
 - The Pre-Season Diet
 - The Training Diet
 - The Match-Day Diet
 - Goal-Specific Periodisation

TO GET IN TOUCH

 Enquiries@Mac-Nutrition.com

 +441509 400 150

 Mac-Nutrition Online Community

 @MacNutrition