



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