COURSE TIMETABLE

Start Time 9:00am

9:00am Introduction

10:15am The Training Diet

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

12pm Lunch (Lunch will be provided)

12:45pm Match-Day Nutrition

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

2:15pm Body Composition Manipulation

3:30pm Setting up a Periodised Nutrition Plan

5pm Q&A

Approx finishing time 5:30pm
# 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

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**TO GET IN TOUCH**

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