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

Lectures
Seminars
Workshops