COURSE GUIDE

Introduction
• An introduction to ‘Nutrition for Weight Making Sports’
• Myth Busting

Nutritional Considerations for Strength, Power and Speed
• Theoretical Model of Maximal Hypertrophy
• The Truth Behind CNS Recovery
• Correcting Misconceptions Behind Nutrition for Strength and Power
• Worthwhile supplementation for performance and recovery

Workshop: Creating Your Own Diet

Advanced Fat Loss Strategies
• Improving Power-Weight Ratio
• Fat Loss with Performance Maintenance
• Considerations when Customising Your Weight Making/Fat Loss Strategy

Making Weight
• Extreme Weight-Making Strategies
• Carbohydrate and Fluid Manipulation Techniques
• Effective Post Weigh-In Protocols

TO GET IN TOUCH
Info@Mac-Nutrition.com
+44(0)1509 215 211
The Mac-Nutrition Collective
@MacNutrition