



# 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 ▶

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