

Nutritional periodisation

Athlete: **[REDACTED]**

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Week: 3.-9. June

	Before activity	During activity	Just after activity	Hours after activity	Evening	Comments
Monday REST				4 g/kg		
Tuesday KOM HUNTER	3 g/kg	60-90 g	20 g protein 60 g CHO 0 Fats	3 g/kg	1 g/kg	Mid training meal CHO is good Meal in mid night. No protein.
Wednesday LT1	4 g/kg	20 g at 1.5 h and 20 g at 2h 15 min	20 g protein 60 g CHO 0 Fats	2-3 g/h	1 g/kg	
Thursday KOM HUNTER	3-4 g/kg	60-90 g	20 g protein 60 g CHO 0 Fats	1 g/kg	High Protein	Mid training meal CHO is good Meal in mid night. No protein.
Friday RECOVERY	2 g/kg	0	20 g protein 60 g CHO 0 Fats	2 g/kg	1 g/kg	Protein is easy to digest Meal.
Saturday RECOVERY	Fasted	0	20 g protein 60 g CHO 0 Fats	5 g/kg	2 g/kg OH	Protein is easy to digest. No carbs - consistent.
Sunday GF FRANJA	2-3 g/kg	0 First hour. Then 30-60 g/h	20 g protein 60 g CHO 0 Fats			High protein, no carb is ok consistent in training.





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