Footballer's Ultimate Guide for:
INTERMITTENT FASTING

Benefits

Intermittent fasting can help footballers improve their ability to burn fat for fuel, potentially leading to increased endurance and performance. It may enhance cognitive function, including focus, concentration, and memory. This could benefit footballers by improving their decision-making and reaction time on the field.

Protocols

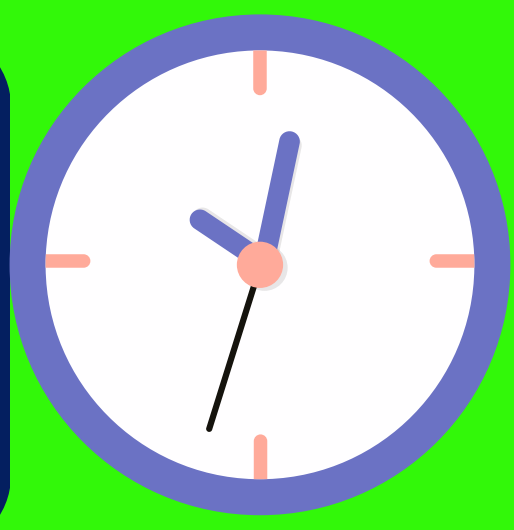
16:8 Method: This popular protocol involves fasting for 16 hours and eating within an 8-hour window. It's flexible and allows daily or almost daily implementation. During your 16 hour fast, I would suggest you consume water and add 3-6 grams of Sea Salt to make sure you stay hydrated.

Breaking the Fast

Before breaking the fast I would suggest you take a sip of Apple Cider Vinegar, to prepare your digestive system. It can be diluted in water too. In terms of food you want to have a meal high in protein with moderate/high healthy fats

Sample Meal Times

Based on the 16:8 method, I would suggest you have your first meal between 1-2:30 pm, and your second meal between 7-9:00 pm



When to Carb

Introduce carbs based on training load of the day. If you have a game that evening introduce carbs in your two meals. If the game is in the morning or midday introduce carbs in the meals the day before. Dont forget to consume your salt.

CHMFit Coaching

If you want a more tailored approach and need help with your workout or nutrition, apply for a FREE call on the link in the title.

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See you soon Athlete!