



A WEEK IN THE LIFE OF THE PREMIER LEAGUE

PERFORMANCE NUTRITION SEMINAR | PRACTICAL INSIGHTS

WEEK OUTLINE

Friday	MD-1		Travel
Saturday	MD	Bournemouth	Travel
Sunday	MD+1		
Monday	MD-1		Travel
Tuesday	MD	Marseille	Travel
Wednesday	MD+1		
Thursday	MD+2		
Friday	MD-2		



MONTH OUTLINE



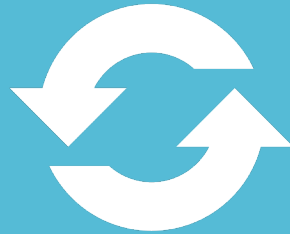
Sat Oct 1	A	Arsenal	12.30pm
Tue Oct 4	A	Eintracht Frankfurt - UCL MD3	8:00pm
Sat Oct 8	A	Brighton and Hove Albion	5.30pm
Wed Oct 12	H	Eintracht Frankfurt - UCL MD4	8:00pm
Sat Oct 15	H	Everton	5.30pm
Wed Oct 19	A	Manchester United	8.15pm
Sun Oct 23	H	Newcastle United	4.30pm
Wed Oct 26	H	Sporting Clube de Portugal - UCL MD5	8:00pm
Sat Oct 29	A	AFC Bournemouth	3:00pm
Tue Nov 1	A	Olympique de Marseille - UCL MD6	8:00pm

3.2 DAYS

AIMS



FUELLED



RECOVERED



ILLNESS FREE

MILK IT
FOR ALL IT'S
WORTH

MATCH DAY -1

FRIDAY

Breakfast

Weigh-in
Orders for lunch



Meeting

Beta fuel
Caffeine Gum



Training

Water/Electrolytes

Recovery Shakes

Lunch

Higher CHO portions
for MD-1

Travel

Snack Bags
Waters/ Electrolytes

Hotel Arrival

Dinner

Nitrates
Sleep Nutrition



Snacks



MILK IT
FOR ALL IT'S
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MATCH DAY BOURNEMOUTH

SATURDAY

- **Breakfast**
 - **Electrolytes**
- **Pre-match Meal**
 - **Electrolytes**
 - **Curcumin/Blackcurrant**
 - **Nitrates**
- **Match 15.00**
 - **CHO/Caffeine**
 - **Recovery Shake**
 - **Recovery tablets**
 - **Doping control**
- **Travel 18.30 – 21.00**
 - **Post-Match Meal**

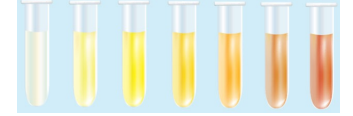


MATCH DAY +1 BOURNEMOUTH

SUNDAY

MILK IT
FOR ALL IT'S
WORTH

- **Breakfast**
 - **Urine analysis**
- **Meeting**
- **Training 12:00**
 - **CHO**
 - **Caffeine Gum**
 - **Water/Electrolytes**
- **Recovery Shakes**
- **Lunch**



ACTION PLAN

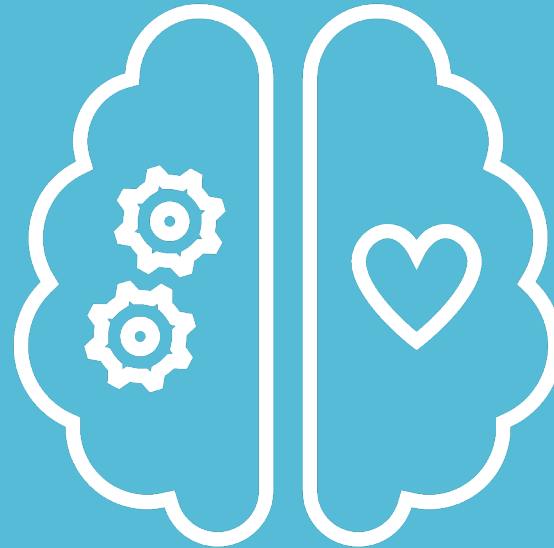
CONTINUE NORMAL FLUID INTAKE



PRACTITIONER CONFLICT

Best Practice

Practicable



Literature

Elite Consumption

MILK IT
FOR ALL IT'S
WORTH

THANK YOU

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