







Eating for a Rest Day


















The physical demands on your body change on a rest day, therefore your diet should change to reflect this. If you continue to eat as much on a rest day as you do on a training day or if you eat too little then you risk negatively impacting your body composition, recovery, adaptation and immune system.

There are **3 main areas** that you should consider on a rest day; **Total, Timing & Type:**

- **Total:** This refers to the **total amount** of energy you consume during the day
- **Timing:** This refers to **when** you eat throughout the day
- **Type:** This refers to the **type of foods** which you eat

ON A REST DAY COMPARED TO A TRAINING DAY...		
TOTAL		The total amount of food you eat should decrease partly through a decreased frequency of snacking and a slight decrease in portion size of main meals.
TIMING		The frequency of your eating should decrease. The lack of post-training snacks is an obvious example. However, you should still maintain a pattern of 3 main meals & 2-3 snacks per day.
TYPE		The type of foods you eat should stay largely the same. Focus on nutrient-dense, minimally processed foods.
CARBOHYDRATE		Your body needs less carbohydrate due to the lack of training so the emphasis on carbohydrate-dense meals and snacks should decrease.
PROTEIN		Your protein intake shouldn't significantly change. Maintaining your protein intake will help preserve your muscle mass and regenerate damaged tissue. Try to make sure there is a source of protein in each meal and snack.
FLUIDS		Whilst staying suitably hydrated remains important on a rest day, there is a lower requirement for fluids due to decreased sweat loss. However, be aware that many of the normal cues to drink (e.g. having a water bottle nearby) are removed on a rest day so you should stay mindful of your drinking habits.



Training Day	Activity	Rest Day
	Breakfast	
	Training	
	Snack	
	Lunch	
	Snack	
	Training	
	Snack	
	Evening Meal	
	Pre-Bed Snack	