DAILY DISTRIBUTION OF MACRONUTRIENT INTAKES OF PROFESSIONAL SOCCER PLAYERS

Reference: by Anderson et al. IJSNEM 2017

The daily distribution of macronutrient intake of 6 soccer players of the English Premier League was analyzed.

Training days
A skewed and hierarchical approach was observed to protein feeding.

Dinner > Lunch > Breakfast > Evening snacks

Match days
Match day 1 (8:05 pm kick-off) & Match day 2 (4:15 pm kick-off)

1. Attention should also be given to ensuring even daily distribution of protein intake so as to potentially promote components of training adaptation.

2. Players may benefit from consuming greater amounts of CHO in both the pre-match and post-match meals so as to increase CHO availability and maximize rates of muscle glycogen re-synthesis.

Pre-match meal < 1.5 g/kg BM vs 2-3 g/kg recommendations
Post-match intake < 1 g/kg in the immediate period after match day 1 were reported vs well-accepted guidelines of 1.2 g/kg body mass for several hours post-exercise.