Select Strategies to Cope With Ramadan Fasting for Athletes

Reference: Lis, Kings & Larson-Meyer, IJSNM 2019

Training

- Shift training to morning and evening to maintain effective training load
- Promote rest (i.e., naps) after morning training
- Monitor “well-being” (e.g., pre- and post-session fatigue, hydration status) and adjust training load appropriately

Sports psychology support to address anxiety issues regarding ability to maintain performance

Music may counteract negative effects

Education & Nutrition

- Prior education on key areas (e.g., behavioral adaptation to minimize fluid loss)
- Query beliefs and individualize nutrition plans to cope with Ramadan
- Encourage carbohydrate at meals
- Electrolyte/oral rehydration solutions as needed to maintain hydration status
- Individualized fluid/nutrition strategies adapted for unique logistical considerations
- Dietary supplements (e.g., creatine, beta alanine) for performance-focused interventions

- Focus on protein quality and intake amount to maintain lean mass
- Advice on portion size control (for the iftar meal)
- Carbohydrate mouth rinsing as appropriate to maintain performance
- Quick communication technologies useful to guide/monitor dietary intake
- Promote good oral health care across the refeed window

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