

FOUR WEEK

FAT LOSS

Burning Body Fat during the season – How to slim down and still perform on the weekend



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Matt's been the Sports Nutritionist for the English Rugby team since early 2003 helping them reach 2 World Cup Finals.

Matt also currently works with 4 Premiership teams, select professional footballers and has worked with Olympic athletes. Matt's also got a couple of extra surprise bonuses that he's going to let you have just for registering for the call.

In this document I'll share with you a strategy that I've used with International athletes and professional sportsmen who've needed to lose a couple of kilos of fat before a big event.

At various points during a competitive season your body composition may get out of line, maybe you've had a niggling injury and not trained as intensely as normal, but carried on eating as if you were. Maybe competition is hotting up for your place and by dropping a few kg you've recognised that you'll be able to increase your speed and have more energy to perform.

All professional athletes and a large number of club level performers who take their sport seriously, train hard doing sprints, circuits, weights, long runs you name it, with the aim of improving their performance. Always looking for the extra edge that is going to shave seconds of p.b.'s and improve performance.

Often though it's easy to overlook body composition and your body fat %. It's easy to gain that extra edge in performance just by dropping a few extra pounds. The best thing is you don't have to put yourself through any extra aching muscles and blood sweat and tears to gain that extra edge. You just need to take seriously your body composition and strip away any excess fat.

It makes a big DIFFERENCE. Don't believe me then, next time you are in the supermarket pick up a couple of bags of sugar and imagine how much slower you would be carrying around a few of those for the duration of your event.

I've written this document for sports people who are trying to lose weight during the competitive season when matches or races are being played on a weekly basis and peak performance is required on match day.

The process of carbohydrate cycling is also beneficial when preparing for an event because it promotes extra glycogen storage before your event.

If you are preparing for an event that is some way off in the future e.g. running a marathon or it is pre-season then you can use the techniques set out in the [Four Week Fat Loss system](#) and you don't need to use this specialised information in this document.

People playing sports such as rugby and football (soccer) or athletes who are in season and are racing on a regular basis need to study this document and adapt the main themes laid out in the [Four Week Fat Loss](#) plan to your individual situation.

The main reason why the [FWFL program](#) needs to be adapted, is that in order to lose fat weight fast it's necessary to deplete your energy stores so that you burn fat rather than use up the readily available energy that you eat and is stored in your muscles and liver. When you do this you will not be able to perform to your maximum because you are using your fat reserves which aren't as efficient in delivering energy to your muscles quickly.

Carb cycling in a nutshell;

In a nutshell we deplete the muscle stores in the early part of the week so that we can burn more fat... and then top the energy stores back up again as the event approaches.

When it comes to the day of your event you need to make sure that your energy stores are full otherwise you could run out of energy very quickly and your performance will suffer. So we have to set up a balance between carbohydrate restriction and fat burning for the first part of the week and maximum performance and less fat burning towards the end of the week.

Doing this lower carbohydrate diet early in the week also mean you'll be able to store more carbohydrate in the form of glycogen later in the week. It acts as a mini carbo-loading cycle. It's actually better for your performance to do this than eat the same amount of carbohydrates throughout the week.

The first day of restricting carbs you'll probably notice no difference in your performance, however on subsequent days you will probably want to let your coach know what you are doing so that he doesn't think you are out of form during your training sessions as you may not be quite as sharp as normal particularly towards the end of the session.

Let's just refresh you on a few of the basics.

THINGS YOU NEED TO KNOW ABOUT CARBS:

Let's have a quick recap on the different types of carbohydrate and their effects on body composition so you can put yourself in charge of your body's composition and allow a gradual reduction in fat mass throughout the competitive season without a negative effect on performance.

Carbohydrate cycling is the way to do this

Carbohydrates have different rates of absorption and hence ability to produce an insulin spike which can lead to fat storage.

You should be familiar with the commonly consumed carbohydrates and their glycemic index, and load* Glucose (sugar) has a high GI and broccoli has a low GI. You should also be familiar

with the different classes of carbohydrate: Starchy (potatoes, rice, bread, pasta), starch proteins (beans, lentils, chickpeas, quinoa) and fibrous carbohydrates (vegetables such as broccoli cauliflower, cabbage and cauliflower).

Different carbohydrates have different levels of energy density with some containing a lot of energy per weight and other containing less energy for the same weight. Starchy carbohydrates have the highest energy density, starch proteins a medium level of energy per weight and fibrous carbs have the lowest energy density per weight.

These classes have been simplified, of course no one carbohydrate could be said to be completely starch or completely fibrous in nature and some fibrous vegetables are starchier in nature than others (Aubergines and courgettes are less fibrous compared with broccoli and cauliflower) for instance. The classes refer to the main constituents of the particular food group.

Care should also be taken with the glycemic index – as this is not a list of good and bad foods, just some foods which are better eaten at certain times than others. Also the glycemic 'load' of a food needs to be addressed – so carrots are quite high GI but have a low GL. You'd have to eat a kg to get and significant carbohydrate burden and insulin spike. I cover this in greater detail in the FWFL system.

PRINCIPLES TO ADHERE TO:

Make all dietary change gradually. The first step is to learn about the types of carbohydrate and identify where they occur in your diet.

High glycemic carbohydrates should only be consumed during and directly after exercise. During the fat loss phase early in the week depending on your exercise intensity then they may even be avoided.

Consumption of higher energy dense carbohydrates around times of higher energy expenditure makes them less likely to be stored as fat. So eat all of your sugar and most of your starch around exercise or increased activity when you will be topping up your energy stores.

Consumption of high energy dense carbohydrates at times of low energy expenditure e.g. before bed or when no training has been completed makes them more likely to be stored as fat. So eat low energy dense carbs like vegetables at night in place of high energy dense carbs like bread and pasta.

The body stores excess energy as body fat, therefore an energy deficit must be created to reduce body fat stores this is created by both increasing exercise and reducing starchy carbohydrate intake for the first 2-3 days each week.

Maximum performance may need to be maintained all week when 2 or more games are being played in a week so you will need to plan ahead when carbohydrate cycling will work best for you.

Carbohydrate cycling is best done on a weekly pattern with the first 3-4 days being lower in energy dense carbohydrates and the next three days being higher. The last day will be your recovery and 'off' day.

HOW TO DO IT:

For 3-4 days a lower amount of starchy carbohydrate should be consumed and a higher volume of aerobic work done on an empty stomach, before breakfast when possible. Also of particular importance is the evening meal where only fibrous carbs and proteins and small amount of fat should be eaten. After training it is advisable that recovery drinks are consumed as normal. These can contain sugary carbohydrates if your sessions have been intense.

Then for the next 3 days as your event approaches starchy carbohydrates should be increased in all meals, particularly those occurring around training. Portion control of starchy carbohydrates though, should always be considered in the evening meal.

I've put together a sample plan for a professional sports person. If you're not training as often as this you'll simply remove the pre and post training meals and drinks.

Saturday Post Event For 12 hours after the event you need a lot of carbs, and Sunday should be an 'off' day – eating A LOT – then carb reduction starts Sunday night OR Monday morning depending on how overweight you are. Remember eat good quality carbs, loads of carbs does not mean eating lots of buns and ice cream.

So they need a post match recovery protein shake then a meal on Saturday evening and regular meals throughout Sunday – the biggest mistake the Rugby Players I work with is to under eat REGULAR meals on a Sunday.

MONDAY	Activity:	Early morning fat burning 20 minutes
	Breakfast:	Protein and Fibrous Carbs
	Lunch:	Protein, Starch Proteins and fibrous carbs
	Afternoon	Protein and Fibrous Carbs
	Dinner:	Protein and Fibrous Carbs
	Snack:	Protein Shake (optional)
	Activity:	Fat burning exercise later in the evening around 9PM
Tuesday - Thursday	Activity:	Early morning fat burning 20 minutes
	Snack:	Protein Shake
	Activity:	Morning training session
	Post Workout:	Recovery shake
	Lunch:	Protein, Starch Proteins and fibrous carbs
	Pre Workout:	Meal Replacement Product or Protein shake
	Activity:	Afternoon training session
	Post Workout:	MRP or Protein shake
	Supper:	Protein and fibrous carbs
	Snack:	Protein Shake
Friday	Breakfast:	Starch and Protein
	Activity:	Morning training session
	Post Workout:	Recovery Drink + fruit
	Lunch:	Starch, Protein, Fibrous and starch proteins
	Activity:	Optional
	Snack:	Protein Shake + fruit
	Supper:	Starch, protein, fibrous and starch protein
	Snack:	Protein Shake + fruit
Match Day:		All normal nutrition should be followed as your regular plan

Meal Examples

Protein and Fibrous Carbs Salmon fillet, Chicken Breast with any of the following vegetables: broccoli, cauliflower and asparagus, for tips on how to pep up your veggies [see this page](#).

Starch and Protein: Jacket Potato, Pasta or Rice with tuna, meat stew or bolognese sauce

Starch, Protein, Fibrous and starch proteins Chicken breast with rice and lentils and broccoli soup. Lentil or Chick Pea soup with diced chicken breast and side dish of broccoli or cauliflower.

I hope you've enjoyed this document and that you start to introduce carbohydrate cycling into your weekly nutritional plan to either burn fat or use as a carbo loading cycle.

If you would like to purchase the Four Week Fat Loss system you can do so here, it comes with 6 weeks membership of an exclusive members area where I'll personally answer your questions, you can also attend live Q and A Calls and ask me direct any body composition questions you may have.

I look forward to hearing from you

Best regards

Matt Lovell

P.S. If you've got any questions then [please post them here](#).

P.P.S. For further Sports Nutrition Specific information you can visit my [Sports NutritionVlog](#) site