DIETARY PROTEIN FOR TRAINING ADAPTATION AND BODY COMPOSITION

Risk of deficiency (%)

- Estimated average requirements
- Recommended daily allowance

“Athletic optimal”

Protein intake (g/kg body mass/day)

- Weight maintenance or weight gain
- Weight loss

1. Consume ~0.4-0.5 g/kg body mass per serving/meal for maximal stimulation of muscle protein synthesis when real food is ingested (vs ~0.3-0.4 g/kg body mass for isolated proteins)

2. Select leucine-rich rapidly digested protein sources, such as whey protein, to elicit a greater stimulation of muscle protein synthesis during training recovery.

3. Distribute your daily protein intake in 4-5 equally spaced servings throughout the day and include a slow-releasing, protein-rich, snack at bedtime

Reference: Witard, Garthe and Philips IJSNEM 2019 © Copyright. World Athletics. All rights reserved.