

Source: http://caloriesproper.com/nutrient-timing-op-101/

Nutrient Timing

NUTD337

What is Nutrient timing?

Why is it important?

When is it important? when on micro level?

What nutrient does it consist of?



Promoting MPS

ANABOLIC

The phase of metabolism in which simple substances are synthesized into the complex materials of living tissue.

WHY IT'S IMPORTANT

Your body is building or repairing muscle. This is the state in which your body experiences considerable muscle growth.

CATABOLIC

The metabolic breakdown of complex molecules into simpler ones, often resulting in a release of energy.

WHY IT'S IMPORTANT

Although a necessary process during intense exercise, an extended catabolic state will lead to existing muscle being used to repair newly torn muscle, not good.

Source: http://mattwalrath.com/wp-content/uploads/2016/06/anabolic-vs-catabolic.jpg

When is it important

Continuum of Nutrient Timing Importance*

MINIMAL IMPORTANCE

VARIABLE IMPORTANCE

MAXIMAL IMPORTANCE

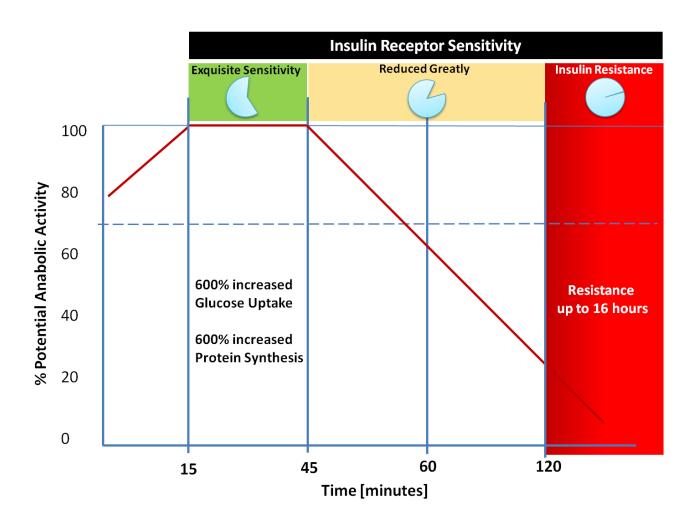
- Overweight/obese persons seeking weight loss for general health
- Novice & intermediate trainees seeking to improve body composition
- Non-fasted resistancetraining bouts lasting 1 hour or less
- Non-competitive training sessions or events
- Goals that do not involve endurance competition
- Goals that do not involve extremes in muscle gain or fat loss

- Advanced/competitive trainees looking to push the limits of hypertrophy, strength, or fat loss.
- Exhaustive/continuous training sessions that occur shortly after an overnight fast
- Exhaustive/continuous training sessions that significantly exceed 1 hour, especially sessions that approach 2 hours

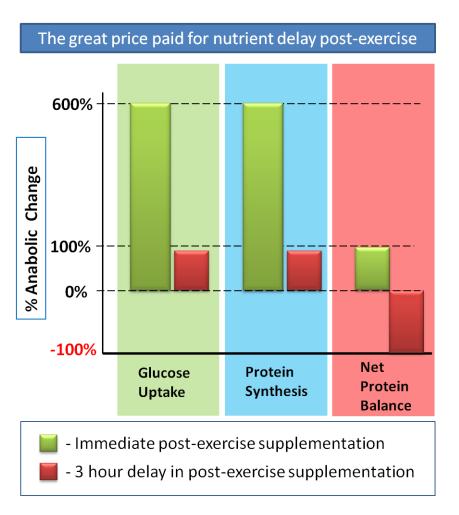
- Competitions involving more than one glycogendepleting event in a single day, separated by only a few hours
- Competitions or training bouts that significantly exceed 2 hours, especially bouts that approach or exceed 3 hours

*Aragon AA. Continuum of nutrient timing importance (original schematic). NSCA Personal Trainers Conference. April 2012.

Anabolic window of opportunity



On the cellular level



Source: http://www.nutridesk.com.au/post-exercise-metabolic-window.phtml