



## SUMMARY OF FIGHT WEEK WEIGHT CUT PROTOCOL

DAY	FOOD	WATER (IN LITRES)	TRAINING	ADDITIONAL PROTOCOL
	Disclaimer: Fight Fit YYC assumes no responsibility for the use of this information. This is not medical advice or a prescription. Cutting weight or using the following guidelines is entirely your own responsibility. Always consult a medical professional before attempting anything like cutting weight.			
SUNDAY (DAY 1, 5 DAYS OUT)	<ul style="list-style-type: none"> <li>Low carbohydrate Intake - meals almost solely protein and fat</li> <li>Normal fibre intake</li> <li>Normal/ slightly higher sodium intake</li> </ul>	<ul style="list-style-type: none"> <li>Bodyweight (kg) x 10% (ex. 75kg x 0.1 = 7.5L)</li> </ul>	<ul style="list-style-type: none"> <li>Day off or light movement such as shadowboxing</li> <li>In-depth visualization and self-talk drills</li> </ul>	N/A
MONDAY (DAY 2, 4 DAYS OUT)	<ul style="list-style-type: none"> <li>Low carbohydrate Intake - meals almost solely protein and fat</li> <li>Fast digesting carbohydrates preworkout - ex. 2tbsp honey</li> <li>Normal fibre intake</li> <li>Normal sodium intake</li> </ul>	•Bodyweight (kg) x 10%	<ul style="list-style-type: none"> <li>Normal training, reduce duration if needed. If doing strength and conditioning follow taper protocol</li> <li>In-depth visualization and self-talk drills</li> </ul>	N/A
TUESDAY (DAY 3, 3 DAYS OUT)	<ul style="list-style-type: none"> <li>Very low carbohydrate Intake - meals protein and fat</li> <li>Fast digesting carbohydrates preworkout - ex. 2tbsp honey</li> <li>Low fibre intake</li> <li>Low sodium intake</li> </ul>	•Bodyweight (kg) x 10%	<ul style="list-style-type: none"> <li>Focused, short, intense sport specific training session. If doing strength and conditioning follow taper protocol</li> <li>In-depth visualization and self-talk drills</li> </ul>	<ul style="list-style-type: none"> <li>Uva Ursi 1500mg 2x daily</li> </ul>
WEDNESDAY (DAY 4, 2 DAYS OUT)	<ul style="list-style-type: none"> <li>Very low carbohydrate Intake</li> <li>Fast digesting carbohydrates preworkout - ex. 2tbsp honey</li> <li>Very low fibre intake / Low Residue Meals</li> <li>Very low sodium intake</li> </ul>	•Bodyweight (kg) x 10%	<ul style="list-style-type: none"> <li>Focused, short, intense sport specific training session.</li> <li>In-depth visualization and self-talk drills</li> </ul>	<ul style="list-style-type: none"> <li>Uva Ursi 1500mg 2x daily</li> </ul>
THURSDAY (DAY 5, 1 DAY OUT)	<ul style="list-style-type: none"> <li>Very low carbohydrate Intake</li> <li>Very low fibre intake / Low Residue Meals</li> <li>Very low sodium intake</li> </ul>	•Bodyweight (kg) x 1%, sip throughout day	<ul style="list-style-type: none"> <li>Light movement such as shadowboxing/ light technical repetition, or OFF</li> <li>In-depth visualization and self-talk drills</li> </ul>	<ul style="list-style-type: none"> <li>Uva Ursi 1500mg 2x daily</li> <li>Senna Tea (2 teabags) close to bedtime</li> <li>Thermoregulation (hot bath protocol) at night as needed</li> </ul>
FRIDAY (DAY 6, WEIGH-IN)	<ul style="list-style-type: none"> <li>No food or liquid intake prior to weigh in</li> <li>High electrolyte and fluid intake post weigh-in</li> <li>Very high carbohydrate intake post weigh-in. Low fat, low fibre, moderate protein.</li> </ul>	<ul style="list-style-type: none"> <li>Zero prior to weigh-in</li> <li>Post weigh-in immediately start with rehydration shake protocol</li> </ul>	<ul style="list-style-type: none"> <li>Prior to weigh in no activity.</li> <li>Post weigh-in (evening) some light, brief movement like shadowboxing may aid in digestion and mood</li> <li>In-depth visualization and self-talk drills</li> </ul>	<ul style="list-style-type: none"> <li>Thermoregulation (hot bath protocol) in the morning until you are on weight</li> </ul>
SATURDAY (DAY 7, FIGHT)	<ul style="list-style-type: none"> <li>Continue high-carbohydrate meal approach, last big meal ~4 hours from fight</li> <li>Snacks at venue as needed - rice cakes and jam, dates, bananas, berries</li> </ul>	•Normal consumption 3-4L	<ul style="list-style-type: none"> <li>Warm up, kick ass</li> </ul>	N/A

### REHYDRATION SHAKES

Consume post weigh-in, start #1 right away. Each shake approx. 15-20min to consume, approx. 15-20 min between shakes.

Shake #1	Shake #2	Shake #3	Shake #4
water	Water	Water	Water
Fast Carbohydrates - Vitargo Powder Or Dextrose, Honey	Fast Carbohydrates - Vitargo Powder Or Dextrose, Honey	Fast Carbohydrates - Vitargo Powder Or Dextrose, Honey	Fast Carbohydrates - Vitargo Powder Or Dextrose, Honey
Sodium	Sodium	Sodium	Sodium
Potassium	Potassium	Potassium	Potassium
BCAAS + EAAS	Creatine	Protein Powder	Protein Powder
			2 Rice Cakes with Jam
			*Eat first solid meal about 20 minutes after you finish shake 4 if your stomach is feeling good.

WWW.FIGHTFITYYC.COM FOR MORE INFORMATION OR TO SET UP YOUR NUTRITION COACHING AND/OR WEIGHT CUT AND REHYDRATION/REFUEL PLAN PLEASE CONTACT

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