

SAVFITT

Macros 101

For athletes, macros (macronutrients: protein, carbohydrates, and fats) are determined by matching nutrition intake to training demands, body composition goals, and recovery needs. There's no single formula, but most plans follow these principles:

1. Start with total calories (energy needs)

Macros are built on top of calorie needs.

Calories depend on:

- Basal Metabolic Rate (BMR) - energy needed to simply stay alive
- Training load - sport type, intensity, frequency
- Non-exercise activity thermogenesis (NEAT) - all other daily movement not related to training exercise
- Goal - muscle gain, fat loss, or performance maintenance
- Typically, maintenance is for performance, surplus is for muscle gain, and a mild deficit is for cutting weight/fat while preserving performance.

1. Protein: Recovery & Muscle

Protein is prioritized for muscle repair, adaptation, and injury prevention.

Typical athlete range:

1.6-2.2g/kg or 0.7-1.0g/lb of body weight

- Strength training athletes & those looking to build muscle = higher end
- In calorie deficits = higher end
- Example: 75kg athlete = 120-165g protein/day

1. Carbohydrates: Fuel Performance

Carbs are the primary fuel for training and competition.

Needs depend heavily on:

- Sport (endurance vs strength)
- Training duration and intensity
- Number of sessions per day

General ranges:

- 3-5g/kg = light training or skill based sports
- 5-7g/kg = moderate to high training
- 7-10g/kg = endurance or multiple daily sessions

Carbs are often periodized:

- More on hard training days
- Less on rest/light days

1. Fats: Hormones & Long Term Energy

Fat supports hormone production, joint health, and energy balance.

Typical intake:

- 20-30 percent of total calories
- 0.6-1.0 g/kg

Fats and carbs can often be interchangeable, depending on individual needs and preferences.

1. Timing Matters (Especially for athletes)

Macros aren't just totals - they're strategically timed.

- Pre-training: carbs + some protein
- Post-training: carbs + protein for recovery

1. Adjust Based on Feedback

Macros are refined using:

- Performance metrics
- Body composition changes
- Recovery, sleep, and soreness
- Hunger and energy levels

Athletes often reassess every 2-4 weeks

*Key takeaway: Macros aren't a diet. They're a fueling framework. For athletes, macros exist to support performance, speed recovery, reduce

injury risk, and build a body that can handle the work.

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STRENGTH TRAINING INTAKE FORM

Athlete Information

- Full Name:
- Email:
- Phone Number:
- Age:
- Height (optional):
- Weight (optional):
- Time Zone:

Riding Background

- Primary Discipline(s):
 - Hunter
 - Jumper
 - Equitation
 - Dressage
 - Eventing
 - Western
 - Other:
- Current riding level:
- Years riding consistently:
- Horses ridden per week:
- Riding days per week:
- Average ride duration:

Competition Context

- Currently competing? Yes No
- Competition level:
- Frequency of competition:
- Upcoming shows or key dates:

Strength Training Experience

- Have you strength trained before? Yes No
- Current training frequency:
- Previous training style (if applicable):
- Equipment access:
 - Full gym
 - Dumbbells
 - Barbell
 - Kettlebells
 - Bands
 - Bodyweight only

Riding-Specific Physical Limitations

- Do you feel physically limited in the saddle? If yes, explain.
- Areas that fatigue first while riding:
 - Core
 - Legs
 - Back
 - Shoulders/Arms
 - Grip
 - Cardio
- Common issues you notice while riding:
 - Difficulty maintaining position
 - Asymmetry (left vs right)
 - Loss of balance
 - Core collapse
 - Tension or stiffness

Injury & Health History

- Current pain or injuries (even minor):
- Past injuries or surgeries that may affect training:
- Any medical conditions I should be aware of?

- Are you cleared for exercise? Yes No Unsure

Recovery & Lifestyle

- Average sleep per night:
- Daily stress level (1-10):
- Occupation / daily activity level:
- Travel or schedule constraints:

Nutrition & Fueling

- Do you track nutrition or macros? Yes No
- How would you describe your fueling?
 - Under-fueled
 - Inconsistent
 - Adequate
 - Very structured
- Energy levels during rides:
 - Consistent
 - Fatigue early
 - Peaks & crashes

Goals & Expectations

- Why are you starting strength training now?
- Top 3 goals for this program:
 - 1.
 - 2.
 - 3.
- What would make this program a success in 12 weeks?

Commitment

- How many days per week can you realistically train?
- Preferred session length:

- Preferred communication method:

Final Notes

- Anything else I should know before programming for you?

Acknowledgment

I understand that strength training involves physical exertion and agree to communicate openly about pain, fatigue, or concerns.

Signature:

Date:

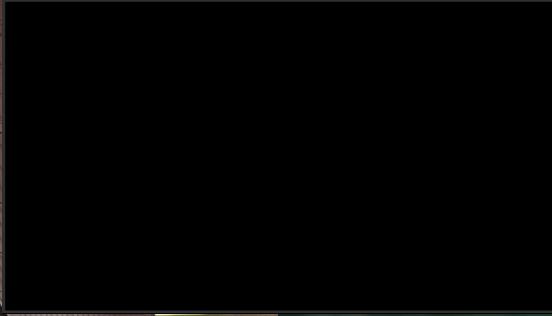


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