

MINIMAL IMPORTANCE

VARIABLE IMPORTANCE

MAXIMAL IMPORTANCE



Carbohydrate	<ul style="list-style-type: none"> ▪ Non-fasted, low-to-moderate-intensity resistance-training lasting 1 hr or less. 	<ul style="list-style-type: none"> ▪ Training that occurs shortly after an overnight fast. ▪ Exhaustive/continuous training that significantly exceeds 1 hour, especially training that approaches 2 hours. 	<ul style="list-style-type: none"> ▪ Training involving more than one glycogen-depleting bout in a single day, for example a day in which legs are trained with moderate volume followed or preceded by a high intensity cardiovascular training session. ▪ Training that significantly exceeds 2 hours; especially training that approaches or exceeds 3 hours.
Protein	<ul style="list-style-type: none"> ▪ Timing in relation to cardiovascular training sessions. 	<ul style="list-style-type: none"> ▪ Timing in relation to resistance training in a fed state (after a meal containing adequate protein). 	<ul style="list-style-type: none"> ▪ Timing in relation to resistance training in a fasted state (occurring after a meal consumed more than 3 hours prior, especially approaching or exceeding 4 hours prior).
Supplements	<ul style="list-style-type: none"> ▪ Specific timing of creatine, beta-alanine, or other such supplements used for chronic muscular adaptations rather than acute ergogenic effects. 	<ul style="list-style-type: none"> ▪ 	<ul style="list-style-type: none"> ▪ Specific timing of CHO/electrolyte sports beverages, caffeine, or other such supplements used for acute ergogenic effects rather than chronic muscular adaptations.