

Best at Training Ramadan Interactive Guide

Welcome to Your Ramadan Training Plan

This guide is designed to help you craft a personalized strategy for training, nutrition, hydration, and recovery during Ramadan. Let's build a plan that's effective, flexible, and uniquely yours!

Your Personal Profile & Routine

When do you feel most energetic?

- Morning
- Afternoon
- Evening

Describe your current training schedule:

(Include days, times, and types of workouts)

Have you trained during Ramadan before?

- Yes
- No

Training Goals & Workout Style

What is your primary training goal during Ramadan?

- Maintain Strength
- Improve Endurance
- Fat Loss
- Performance Maintenance
- Recovery

Which workout types do you prefer? *(Select all that apply)*

- Strength Training
- CrossFit
- Running
- Martial Arts
- Other: _____

Would you train while fasting?

- Yes
- No
- Unsure

Choose your preferred training window (based on expert advice):

- After Iftar (Evening – Ideal for high-intensity/strength workouts)
- Just Before Iftar (Late Afternoon – Great for moderate, short sessions with immediate rehydration)
- Early Morning (Pre-Dawn, before Suhoor – For very light exercise)

Nutrition & Hydration Strategy

How much water do you aim to drink between Iftar and Suhoor?

- 2.5 Liters
- 3 Liters
- 3.5 Liters
- Other: _____

Will you adjust your macronutrients?

- Increase Carbohydrates (for sustained energy)
- Increase Protein (for recovery)
- Keep them the same as usual

What is your go-to Suhoor meal?

(Include slow-release carbs, lean protein, healthy fats, and fruits/vegetables)

Favorite hydrating foods or beverages?

(For example: watermelon, cucumber, coconut water, low-fat milk)

Will you use any supplements?

- Yes – please specify: _____
- No

Recovery & Sleep Optimization

How do you manage fatigue? *(Select all that apply)*

- Napping • Mobility/Stretching
- Breathing Exercises • Sleep Optimization
- Other: _____

Which recovery techniques will you focus on? *(Check all that apply)*

- Foam Rolling • Massage Therapy
- Sleep Hygiene • Active Recovery (e.g., light walking, cycling)
- Flexibility Work (e.g., yoga, stretching) • Meditation/Stress Reduction

How many hours of sleep do you aim for per day?

- 6–7 Hours • 7–8 Hours • 8+ Hours
- (If you use naps, briefly describe your sleep schedule below)*

Custom Plan & Final Takeaways

Based on your responses, outline your personalized Ramadan training plan:

(Include strategies for workout timing, intensity adjustments, meal planning, hydration, and recovery)

Any additional comments or questions?

Ready to Share?

Submit your completed form by emailing it to: **info@bestattraining.com**

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