



@PEAKFUELLING

THE 4-2-1-0

MATCHDAY PROTOCOL

THE COUNTDOWN EVERY FOOTBALLER NEEDS.
EVIDENCE-BASED. ZERO GUESSWORK.

BY LIAM CARROLL – MSC SPORTS NUTRITION – SENR REGISTERED

PEAKFUELLING.COM



0% OF PLAYERS HIT THEIR TARGETS

In research conducted across EFL League 1 to the National League,
not a single player hit their macronutrient targets across the
72-hour matchday window.

Not matchday minus one. Not matchday. Not matchday plus
one.

Not one player. Not once.

This is not a talent problem.

This is a nutrition problem.

And it is completely fixable.





The Target

Carbohydrates: 1.5–2g per kg (110–150g for 75kg player).

Example:

Large plate of white pasta with chicken or white rice with two eggs and a roll.

Meal Rules

High Carb/Low Fiber: Choose white over wholegrain for fast digestion.

Moderate Protein: 30–40g lean protein.

Low Fat:

Reduces GI distress risk. No Experiments: Stick to familiar foods.

HydrationFluid: 400–600ml of water alongside the meal.

StatusGoal: Maximize muscle glycogen without digestive lag.

4 HOURS OUT.
THE FOUNDATION
MEAL.

2 HOURS OUT.

TOP UP. STAY CALM

The Target

Carbohydrates: 0.5–1g per kg (37–75g for a 75kg player). Use 1–2 bananas, 2 slices of white toast with jam, or a small bowl of white rice.

Fuelling Rules

Keep it Light: Small, familiar portions only. Must be low fat and low fiber to ensure rapid gastric emptying and zero GI distress.

Hydration

Fluid: 300–500ml of water or a low-sugar electrolyte drink.

What to Avoid

Strict No: Large meals, high-fat/fast foods, fizzy drinks, and alcohol. These cause heaviness and performance drops.



1 HOUR OUT. THE PRIMERS. THE SUPPLEMENTS

The Target

Rapid CHO: 30–60g (1–2 gels, a banana, or isotonic drink) to saturate energy.

Caffeine Protocol

Dosage: 3–6mg per kg (225–450mg for 75kg player). Use 2–3 strong coffees or capsules to boost sprint speed, sharpen focus, and delay fatigue.

Rules for Success

No Debuts: Only use if tested in training. Limits: Do not exceed 6mg/kg; excess causes jitters and GI distress without extra benefit.

YOU'RE READY, NOW EVERYTHING ELSE IS EXECUTION

Glycogen: Saturated. Glucose: Stable. Caffeine: Active. Action: Fully fuelled.
Now perform.





The 4-2-1-0 gives you the framework.

But your body weight, your sweat rate, your training schedule, your gut tolerance – those are yours.

A personalised matchday plan built around you is not complicated.

It takes one conversation.

Book a free 15-minute nutrition audit.

No pitch. No obligation.

Three things you can fix this week, whether you sign up or not.

CLICK HERE TO GET YOUR
FREE 3-STEP
NUTRITIONAL AUDIT

THIS IS THE
PROTOCOL.
YOUR NUMBERS
ARE **DIFFERENT**.



And I've built a guide for that too. Head over to peakfuelling.com to have a look at our other resources.

We have resources to help:

Matchday Fuelling

Recovery

Hydration

and to see where your performance is being held back.

CLICK FOR MORE
RESOURCES.

**WHAT HAPPENS
AFTER THE FINAL
WHISTLE
MATTERS AS MUCH AS BEFORE**