



# Training Tips for Ramadan

- 1 Time of exercise**  
GP's have advised working out either just before iftar or between iftar and suhoor.
- 2 Aim to maintain**  
Focus on maintenance rather than progression.
- 3 Hydration**  
Drink more water between Iftar and Suhoor as this will help with hydration for the next fast.
- 4 Watch out for dehydration signs**  
If you feel lightheaded, dizzy, cramping or weak make sure you stop exercising.
- 5 Decrease the intensity**  
Ideally by 30-40%.
- 6 Focus on Strength Training**  
This will help reduce muscle loss.
- 7 Not too much cardio**  
Gentle jogs and walks are appropriate.
- 8 More rest days**
- 9 Go for high protein & high fibre foods**  
Suhoor is also an important meal to help keep you hydrated and fuelled for the next fast.
- 10 Reducing Caffeine and foods high in salt or foods which increase dehydration**

### **Additional advice: Adjust your mindset**

For those who train regularly, allow yourself to use Ramadan as a physical detox. Take a new approach to your training regime, and incorporate new aspects such as working on flexibility, range of motion and stability of your muscles and joints.

The Sport & Wellness Centre offers free weekly sessions for all in the King's Community. Sessions include, Behaviour Change / Sports Psychology, Physiotherapy Consultations, Sports Massage and much more! [Find out more here.](#)

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