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Thread: [Carb cycling | High carbs on rest day or workout day?](#)

SIM-3205632 - June 17, 2019, 9:39 am

I'm trying to learn about carb cycling and while I get the point I don't get why some people say that I have to eat low carbs on workout days & high carbs on rest days to me it makes no sense.

My week would go like this then:

Monday (Heavy Push) - Low carb - Calories: 1,777 Carbs: 73 Fats: 60 Proteins: 245.

Tuesday (Heavy Pull) - Low carb - Calories: 1,777 Carbs: 73 Fats: 60 Proteins: 245.

Wednesday (Rest) - Med carb - Calories: 2,000 Carbs: 110 Fats: 55 Proteins: 245.

Thursday (Light Push) - Low carb - Calories: 1,777 Carbs: 73 Fats: 60 Proteins: 245.

Friday (Light Pull) - Low carb - Calories: 1,777 Carbs: 73 Fats: 60 Proteins: 245.

Saturday (Light Legs) - Low carb - Calories: 1,777 Carbs: 73 Fats: 60 Proteins: 245.

Sunday (Rest) - High carb - Calories: 2,300 Carbs: 320 Fats: 25 Proteins: 180.

But It just seems so weird because why would I eat less carbs on a day that I need it the most?

Zher0 - June 17, 2019, 9:46 am

Maybe because rest days are recovery days? I honestly think it depends on your metabolism.... whatever works/feels more natural to you. I tend to have re-feed days 2-3 times a week whether I'm lifting on those days or not.