

[Full Schedule] Mat Fraser Daily Routine and Lifestyle in 2023

written by Shubham | October 20, 2022

If you want to win, you have to be perfect in every aspect, and some people are born with this kind of talent as they are perfect in everything from birth. One of them is Mat Fraser one of the best in CrossFit Athlete. He was athletic from a young age, learning to swim when he was one, water-skiing at 18 months, downhill when two, and going up the stairs in a handstand when he was five. In short, he is just perfect from birth only. His perfection is getting better day by day better by nourishing it with daily practice Let us see how he manages his schedule and follows his daily routine.



Mat Fraser net worth

Who is Mat Fraser

- Mathew Edward Fraser (born 1990) is a retired Canadian-American professional CrossFit athlete, competing from 2014 to 2020.
- Fraser is the first athlete to have won five CrossFit Games titles, winning the 2016, 2017, 2018, 2019, and 2020 CrossFit Games consecutively.
- He is widely considered to be the most dominant ever male athlete in the sport of CrossFit.

Full name	Mathew Fraser
Nickname	Mat Fraser
Birthdate	25 January 1990
Birthplace	Kingston, Ontario, Canada
Nationality	Canadian-American

“If they stand behind you, protect them. If they stand beside you, respect them. If they stand against you, defeat them.”

Morning of Mat Fraser

- **He wakes up at 8 am.**

He always complete his sleep and wakes everyday exactly at 8 am. He thinks if you complete your sleep, then day will be more productive for you.

- **Takes his coffee.**

After getting up from bed he takes a double shot of espresso. He thinks that this gives a better start to his day, after getting coffee he feels much fresh and active throughout the day.

- **Quick breakfast.**

He takes a quick breakfast which contains something small like a bowl of yogurt, berries and granola.

- **Morning gym session.**

He ways to crossfit gym by 9 am and do workout on conditioning, weightlifting, strength training and metabolic conditioning until 1pm.

Afternoon of Mat Fraser

- **Lunch time.**

He way to home from gym for lunch usually his diet contains smoothie of bananas, coconut water and protein powder. Then a turkey sandwich with apples, sprouts and mayo.

- **Way back to gym.**

After finishing his lunch he get back to gym for another workout session.

Evening of Mat Fraser

- **Finishes his training in evening.**

He finishes his workout training at around 5-6pm in evening.

- **Dinner time.**

After finishing his daily training he directly ways his route for the dinner with her soulmate Sammy. Dinner time is a heap of rice, veggies and meat.

- **Watch TV**

After having heavy dinner he watch out TV for staying updated to the current world and do some stretches and recovery exercises like stretching and foam rolling.

- **Winds up his day**

Fraser ends up his day at around 10 pm, Due to heavy workout he get early and deep sleep, he mentioned that good sleep is one of the most important part of his daily routine.



Mat Fraser CrossFit

Workout routine of Mat Fraser.

- Monday: Track Session, Strength Training, Cardio
- Tuesday: Swim Session, Technique Training, Cardio
- Wednesday: Track Session, EMOM Session, Cardio
- Thursday: Strength Training, Technique Training, Swim Session
- Friday: Track Session, Strength Training, EMOM Session
- Saturday: 3 hour Road Bike Session
- Sunday: Rest

'I am going to do today what other people aren't willing to so I can do today what other people can't.'

Facts about Mat Fraser.

- He is the first person in history to win five Crossfit games. He won the CrossFit Games in 2016, 2017, 2018, 2019 and 2020.
- He won five Regional championships in the North East region in 2014, the East region in 2015, 2016, and 2017, and the Central region in 2018.
- He was the second person ever to win four consecutive CrossFit Games titles (2016 – 2019), Rich Froning Jr. was the first.



Mat Fraser bench press

Learning from Mat Fraser

- Stick To Your Plan
- Reflect On Your Workout
- Don't Beat Yourself Up
- Train Volume
- Work Out With Someone Who Pushes You

“We don't grow when things are easy, we grow when we face challenges.”