

POST EXERCISE

Nutrition Protocol

During post-exercise recovery, optimal nutrition intake is essential to (1) replenish fuel stores and (2) facilitate muscle-damage repair and reconditioning, to restore performance levels for the next session. By eating the right type and quantity of nutrients at the right time in the recovery period you will also help to maximise the adaptive responses to the stress provided by the previous session in order to gradually make the body stronger for future performances.

Recovery nutrition should be individualised taking into account the session just completed, future sessions and overall goals of the athletes program.

How to meet recovery needs

REFUEL

CARBOHYDRATES
If eating a meal straight away, aim for 1g/kg BW per hour for the first 3-4 hours of recovery, then assume an eating pattern that meets overall fuel and energy goals.

REPAIR

PROTEIN
0.4g/kg BW in your post-exercise meal e.g. 65kg athlete = ~26g

REVITALISE

REVITALISE
Consume fruit and vegetables to provide antioxidants and reduce inflammation post-exercise

REHYDRATE

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Replace 1.5 x losses from sweat e.g. 1l loss is replaced with 1.5l fluid.

The quantity of carbohydrate and protein eaten post exercise may vary depending on when your next meal is being eaten and when your next bout of exercise is being undertaken.

***Next meal >1hr post-exercise** - eat a smaller carbohydrate / protein snack immediately to kick start your recovery, then follow the above guidelines in your meal.

***Training again within 8hrs** - follow the above guidelines, consuming fast acting carbohydrates to optimise glycogen re-synthesis.

***Not training until the next day** - eat 1g/kg BW carbohydrates in your recovery meal then assume normal eating pattern

What does a recovery snack / meal look like?

By following the performance plate model, you will ensure that your recovery is optimised.

Fuel foods - carbohydrates such as pasta, rice, potatoes & bread

Recover and repair foods - protein such as lean meat, fish & beans

Support foods - fruit and vegetables high in antioxidants such as berries, oranges, kiwis, green leafy veg, carrots, peppers

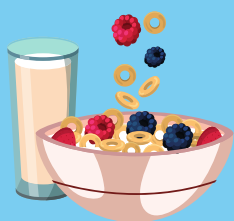
Hydration - fluid such as water, electrolytes and sports drinks



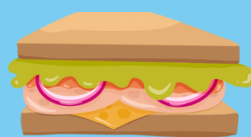
Examples of balanced recovery meals



Spaghetti Bolognese and side salad



Cereal with milk & berries



Chicken sandwiches with 1 x piece of fruit



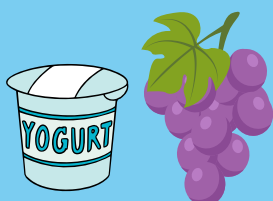
Toast with poached eggs and avocado / tomatoes

Examples of balanced recovery snacks -

For those who cannot tolerate a big meal OR have a short recovery period between sessions



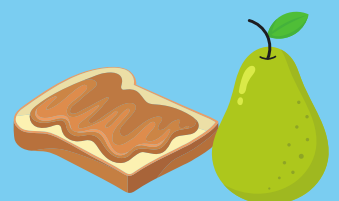
Glass of milk & fruit



Yogurt & fruit



Smoothie



Toast with peanut butter & fruit

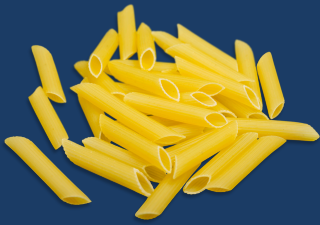
Help with calculating your carbohydrate and protein portions

The following may help you to plan your recovery meal and make sure you are meeting your carbohydrate and protein recommendations.

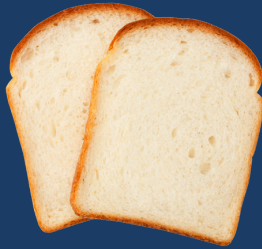
What does 50g of carbohydrates look like?



300g of potatoes



70g pasta



3 slices of bread



80g oats



750ml of lucozade



2 bananas



2 gels



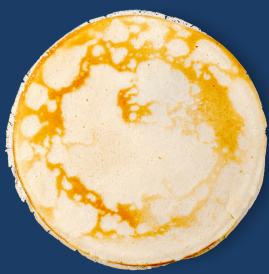
1 bagel



70g rice



2 squares bar



3 pancakes



3 crumpets



2 rice cakes, peanut butter & banana



Apple & 300ml orange juice



2 weetabix and tablespoon of honey



2 slices of toast & tablespoon of jam



60g dried fruit



Slice of toast and small tin of beans

Protein sources

Eggs



3 eggs = 22g

Protein yogurt



20g

Arla yogurt drink



20g

Chicken



130g = 31g

Milk



1 Pint = 20g

Kvarg yogurt



15g

Tuna



Tin of tuna = 30g

Salmon



150g = 31g

Mince



140g = 31g

Steak



160g = 38g

Babybel light



3 babybel = 16g

Whey protein



1 Scoop = 20g