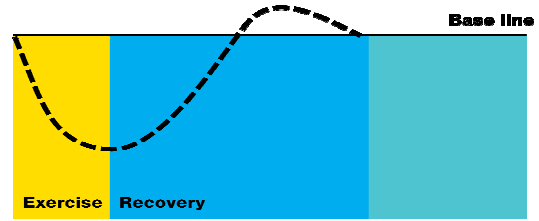


Summary: Nutrition and Hydration for Recovery

Post Competition Hydration:

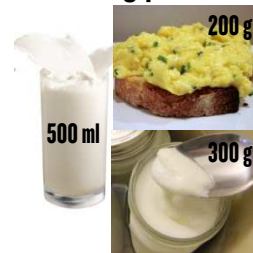
- If you are training or competing within 6-8 h of your exercise session, replenish 150% of the fluid you have lost as sweat (Pre-post weighing method).
- Don't forget electrolytes! Consuming sodium will aid rehydration by increasing the drive to drink and helping to retain the fluid you are drinking.
- A sports drink, a small amount of salt added to a meal or a salty snack such as pretzels with water will all do the job.



Post Competition Nutrition:

- If you need to recover quickly from intense exercise, consume ~1 g/kgBM of carbohydrate (CHO) as soon as possible after your event. High GI foods such as fruit juice, toast and jam or jelly beans are efficient at replenishing muscle glycogen stores.
- If you have longer to recover from your session, the amount you consume is more important than the timing.
- Eat ~20 g of protein within 30-60 min post-exercise to repair muscle and facilitate training adaptations. The specific amount will depend on your muscle mass (small female ~15 g / large male ~20-25 g).
- Milk proteins are ideal because they contain a high leucine content, which appears to have high anabolic properties.
- Combinations of CHO (>50 g) and protein (15-20 g) include a chicken/tuna sandwich & a piece of fruit, 500 ml Lucozade Recovery, a jacket potato & 200 g baked beans.
- If there are 2 days of competition, make sure you consume a nutrient-rich carbohydrate-based evening meal to ensure your muscle glycogen levels are topped up for the next day.

~15-20 g protein in:



General Advice:

- Plan ahead and bring post competition snacks and drinks with you because you cannot rely on the venue to provide nutritious foods to suit your individual needs. Powdered drinks, recovery bars, fruit and sandwiches are perfect for the kit bag and can provide you with the nutrients you need to recover properly.
- Discuss your nutrition plan following competition- what worked, what didn't and what felt comfortable (before, during and after).

