Recovery Nutrition

**Week 2 Team Talk**

The best time to get your recovery nutrition in is within 30-45 minutes from the end of your workout. Right after you finish a workout your muscles are like sponges ready to soak up that recovery nutrition and store it as quick energy for your next workout. The longer you wait past this window the less efficiently your body takes in the nutrients.

**Refuel: Carbs**

Exercise depletes your glycogen stores (stored energy) so you want to fill your gas tank up quickly for your next practice! Simple carbs are the best way to do this; foods such as fruits, white bread, rice, sports drink, and cereal all refuel your muscles quickly. You want to get more grams of carbs than grams of protein for your recovery snack/meal.

**Rebuild: Protein**

To help rebuild the muscle tissue damaged during exercise you should have a recovery snack with 15-20 grams of protein. Getting more protein will not help you recover faster but the type of protein you get is important! Whey protein (found in milk products) is ideal for recovery because its amino acids are absorbed quickly; but any protein consumed consistently is a win!

**Replenish: Fluids & Electrolytes**

Recover from your sweat losses by drinking 150% of the amount of weight you lost in ounces (16oz = 1 lb). Ex. If you lost 2 lbs (32oz) during a game you need to drink 48 oz to replace the fluid you lost. Depending on how salty of a sweater you are, you should get at least some of the fluid lost from a sports drink.

**How soon do I need to refuel, rebuild, and replenish?**

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