

RECOVERY

Nutrition after the competition



Recovery after intense exercise or competition requires time and a diet that replenishes muscle glycogen, body water, and electrolytes. Proper nutrition post-exercise is the key to rapid and effective recovery.

REHYDRATION

- Sweat rates vary depending on body size, exercise intensity, and environment, but fluid losses can be as much as 1800mL/hr.
- In addition to water, sweat contains sodium as well as modest amounts of potassium, iron, and calcium.
- In most cases, athletes do not hydrate properly during exercise and thus complete the session somewhat dehydrated.
- Consuming up to 150% of the weight lost during the exercise may be necessary to cover fluid losses.
- Adding sodium in or with fluids consumed post-exercise helps with rehydration by increasing thirst, thereby increasing the desire to drink.
- Most commercial sports drinks do not contain enough sodium for optimum fluid replacement; therefore, athletes can rehydrate in conjunction with a sodium-containing meal (e.g. soups, cheeses, pretzels, processed meats).
- The general guideline for fluid replacement to achieve recovery is 2 to 3 cups (16-34oz) of fluid for every pound lost during the exercise.



CARBOHYDRATE AND PROTEIN

- Adequate carbohydrate intake during the initial hours after exercise is essential for muscle glycogen resynthesis.
- The first 30 minutes are a window of opportunity to feed your starving muscles.
- General guidelines recommend 1.2-1.5g/kg of carbohydrate in the 1st 30 minutes and again in 2 hours for 4 to 6 hours.
- Protein shows no effect on enhanced glycogen synthesis but will provide amino acids for the building and repair of muscle tissue.
- General guidelines recommend an initial protein intake of 10 to 20 grams in conjunction with the initial carbohydrate intake.
- Consuming a mixed meal providing carbohydrates, protein, and fat soon after competition will ensure adequate nutrition and recovery.



RECOVERY DRINKS

- For many athletes, the initial carbohydrate is better tolerated in the liquid form.
- There are no specific recommendations for the appropriate sports drink to consume after exercise; however, there are some tips to help you choose the best one for you.
- Always read the label—many drinks contain high concentrations of carbohydrate, calories, and caffeine in addition to herbs and other substances.
- If there is no nutrition facts label, then there should be no purchase.
- Avoid products that make incomplete or unsubstantiated claims.
- If you do choose to use a recovery drink, try it out during training to make sure it is effective.
- Some recovery drinks on the market include Cytomax Recovery, Endurox R4, Ultragen, PowerBar Recovery, and Sport Quest Interphase—make sure you check out all ingredients and all other pertinent information about the product before you choose to use it.

