



Recovery Nutrition

To maximise your performance throughout a training session and get ready to go again you need to take action to boost your recovery. Exercise causes depletion of fuels and fluids all of which need to be replaced as part of the recovery process. During the first 60 minutes after a heavy exercise session there is a “window of opportunity” to speed up recovery. Your heart rate is raised, blood is moving faster and your cells are primed to take up nutrients!

Timing is key to optimal recovery and nutritional recovery strategies should begin within the first 30 mins after exercise!

Refuelling

The main fuel used during training is **carbohydrate** in the form of muscle glycogen. Failure to restock your glycogen stores can cause fatigue and impair power and endurance.

Swimmers should aim to consume about **1g** of carbohydrate **per kg body weight** within the first hour after exercise. This can be met through a series of snacks or a single meal, depending on what is convenient and practical.

NB *If the time until the next meal is delayed this becomes more important.*

My refuelling target:

$$\text{.....kg (My weight)} \times 1 \text{ (g of Carbs)} = \text{.....g Carbs}$$

E.g. an athlete weighing 70kg would require about 70g carbs within the first 30mins after exercise

Carbohydrate foods

- Pasta, rice, jacket potato, cous cous
- Bread, bagels, English muffins, scotch pancakes, crumpets, fruit loaf, hot cross buns
- Cereal
- Cereal bars/ Fruit bars
- Fruit (fresh/ tinned/ dried)
- Fruit smoothies/ fruit juice
- Rice cakes, oat cakes
- Snack pots – low fat rice pudding, jelly
- Jelly sweets
- Jaffa Cakes
- Jam/ honey

Sports foods

- **Sports fluids**
 - Sports drinks, sports waters, high-electrolyte drinks
- **Sports gels**
 - Only contain carbs
- **Energy bars**
 - High carb & some protein
- **Recovery shakes**
 - High carb & high protein

Rebuilding

Eating protein immediately after training is important to help muscle growth and repair. This is especially important to ensure better adaptations to training i.e. making sure that the work put in counts!

Approximately 15-25g protein should be consumed within the first 30 mins after exercise

Protein foods

- Low fat milkshakes e.g. friji, yazoo, For Goodness Shakes
- Skimmed/ semi-skimmed milk
- Skimmed milk powder
- Low fat yoghurts
- Lean meat/ fish e.g. ham, tuna, chicken
- Cottage cheese
- Beans/ lentils/ pulses

Sports Foods

- Recovery shakes
- Protein shakes
- Recovery bars
- Protein bars

Rehydrating

Replacement of sweat losses is also an essential part of the recovery process. Both water and salt losses need to be replaced as dehydration can negatively affect performance.

1.5 L of fluid should be consumed for every 1kg body weight lost during training.

Sodium can be replaced through the consumption of sports drinks or food (if plain water is ingested). Replacing sodium losses promotes quicker rehydration.

NB *Sweat losses will be greater in hot and humid conditions*

My rehydration target:

$$\text{.....kg (Weight loss during exercise)} \times 1.5 = \text{.....L fluid}$$

E.g. an athlete who lost 1.5kg during training would need to drink 2.25 L of fluid in recovery to replace losses.



SCW PERFORMANCE NUTRITION

Recovery Snack Examples 55-65kg athlete



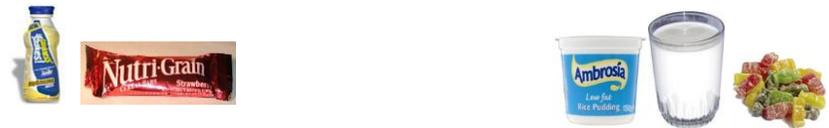
	Carbs	Pro
Alpen Light	12g	1g
2 x Shape Yoghurts	20g	16g
Orange Juice (200ml)	21g	0g
Total	53g	17g

	Carbs	Pro
Scotch Pancakes x3	41g	6g
Glass of milk	13g	10g
Total	54g	16g



	Carbs	Pro
Snack a Jacks	23g	3g
Fruit Smoothie made with skimmed milk	38g	10g
Total	61g	13g

Recovery Snack Examples 75-85kg athlete



	Carbs	Pro
FGS	50g	16g
Nutri-Grain	25g	2g
Total	75g	18g

	Carbs	Pro
Jelly Babies x10	45g	0g
Rice Pudding	26g	5g
Glass of milk	13g	10g
Total	84g	15g



	Carbs	Pro
Jaffa Cakes x4	36g	0g
Natural Yoghurt	13g	11g
Raisins	30g	1g
Total	79g	12g

Recovery Snack Examples 65-75kg athlete



	Carbs	Pro
Friji	57g	18g
School Bar	15g	0g
Total	72g	18g

	Carb	Pro
Natural Yoghurt	13g	11g
Crumpet	40g	6g
Honey (tsp)	12g	0g
Total	65g	17g



	Carbs	Pro
Cottage Cheese (2 tbsp)	3g	11g
Rice Cakes x 3	22g	1g
Jelly Babies (x10)	45g	0g
Total	70g	12g

Recovery Meal Examples

Carbohydrate source - Bread, cous cous, pasta, rice, potatoes, cereal

Protein source - Meat, milk, yoghurt, cheese, lentils/ beans

Vitamins and minerals - Fruit, vegetables, salad

Cereal Milk (semi skimmed/ skimmed) &/or yoghurt Fruit	Baked beans Egg Toast Salad	Pitta bread Ham Salad Yoghurt (low fat) Cereal bar
Bagel Cream cheese (low fat) Salmon Salad Milkshake (low fat)	Pasta Tuna Sweetcorn, peppers, onions	Cous cous Chicken breast Low fat tomato sauce Mixed vegetables
	Baked potato Cottage cheese Salad Fruit smoothie	