

Recovery Nutrition

The Why:

Post Workout Nutrition is a 2 stage process that begins immediately after a training session and continues into the meal following. Stage 1 will immediately begin the process of recovery post workout and Stage 2 will continue the process.

Combined, these two stages of post workout nutrition will help:

- Replenish glycogen
- Decrease muscle breakdown
- Promote muscle protein synthesis
- Boost immune system
- Re-hydrate the body

The What:

Stage I recovery is a low fat carbohydrate and protein rich SNACK that needs to be consumed within 30-60 minutes after finishing a training session:

Carbohydrate. Eat 30-100 grams of carbohydrate to begin replenishing depleted glycogen stores and maintain a strong immune system.

Protein. Eat 10-20 grams of protein to begin to repair damaged tissue.

Fat. Too much fat will delay the absorption of carbs and protein, so try to keep your fat intake to <3g per 100 calories.

Fluid. Drinking 20-24 ounces of water and/or sports drink for every pound that you lose during training will help your body get re-hydrated.

The How:

Of course, your daily eating program will have a significant influence on how fast you recover from training also.

- Provides the proper ration of CHO/PRO/FAT for Stage I of post workout recovery nutrition as well as fuel for during training.
- It is not necessary to overload during stage I of recovery, a quick snack of the proper composition will do the trick...more is NOT better here!
- Do not forget about fluids!
- Stage II recovery should be a meal within 2-3 hours of training to maximize the refueling and recovery process.



STAGE I RECOVERY

What: A low-fat carbohydrate and protein-rich snack
When: 30-60 minutes after finishing a training session

STAGE II RECOVERY

What: A full meal
When: Within 2-3 hours of training

This material was developed by professional sports nutritionists at the United States Olympic Committee. For more information and additional sport performance resources, visit:

www.teamusa.org/resources/usoc-sport-performance