

What is Recovery Nutrition?

Recovery nutrition encompasses fluid, macro, and micronutrient replacement following a training session. A sound recovery nutrition protocol will allow athletes to optimize training adaptations and perform at their body's full potential in the next training bout, the next training block, and year after year.

Recovery extends beyond the short-term recovery window immediately following training. An athlete's consistent day to day habits allow for nutrition to support improvements in performance.

The Four R's of Recovery

Replenish muscle glycogen (carbohydrate stored in muscle) following a training session. Aim for 30-60g carbohydrate.

Repair and regenerate skeletal muscle with high quality protein sources and key amino acids (e.g. leucine). Aim for 15-30g protein.

Reinforce muscle cells, immune function, and central nervous system function with colorful and anti-oxidant rich foods (e.g. fruits, veggies, whole grains, fish, nuts, olive oil).

Rehydrate with fluid and electrolytes according to individual sweat lost during training. See Hydration Factsheet to calculate fluid losses.



Recovery Nutrition Depends On:

- ✓ Type of training session
- ✓ Training volume
- ✓ Training intensity
- ✓ Timing of your next training session
- ✓ Body weight
- ✓ Whether you are training or competing

Consuming Nutrients Within 30-60 Minutes of Training or Competition:

- Can enhance nutrient delivery to muscles while heart rate and blood pressure are increased
- Can result in faster glycogen replenishment and initiation of tissue repair
- Can support the body's metabolic switch from muscle breakdown to muscle building

When is Recovery Nutrition Most Important?

- High volume or intensity training sessions
- Heavy lifting sessions
- Competition
- Consecutive days of competition
- 2-3 training sessions in a day

Following a light training session (e.g. skills/drills, yoga, stretching, recovery day, weight loss phase) the next meal or snack is sufficient to meet recovery needs.

Recovery is Continuous

While the body may be most responsive to nutrients in the 1-2 hours after exercise, continuing to deliver the right nutrients for the next 24-48 hr fully enhances the training response as well and prepares you appropriately for upcoming training sessions.

Continue to **repeat** the ingestion of all of these nutrients in well-balanced meals and snacks every few hours in order to achieve your total daily nutrient needs.

Successful recovery will only occur with proper planning! Think about training sessions ahead of time in order to plan and pack the appropriate foods.

Recovery Snack Ideas

Choose a food from protein column + food from carb column based on training session!

Protein: 15-20 g	Protein: 20-25 g	Carbohydrates: 15-30 g	Carbohydrates: 45-60 g
<ul style="list-style-type: none"> • 3/4 c. cottage cheese • 2 string or slices of cheese • 1 c. firm tofu • 2-3 cooked eggs • 2-3 oz. deli meat • 1 1/2 oz. jerky • 2-3 oz. fish, chicken, beef, pork • 1/2 c. nuts or seeds* • 4 tbsp. nut butter** • 1/2-3/4 c. edamame • 1 c. beans* • 2 c. milk (cow's, soy)* • 1/2-3/4 c. plain Greek yogurt* 	<ul style="list-style-type: none"> • 1 1/2 c. cottage cheese • 1 1/4 c. firm tofu • 3-4 cooked eggs • 3-4 oz. deli meat • 2-2 1/2 oz. jerky • 3/4-1 c. nuts or seeds* • 1 c. edamame • 1-1 1/2 c. beans or lentils* • 1 serving protein powder • 2/3 c. roasted edamame • 1 1/2 c. Greek yogurt* • 3-4 oz. fish, chicken, beef, pork 	<ul style="list-style-type: none"> • 1 piece or cup fresh fruit • 1/4-1/2 c. dried fruit • 1 c. fruit juice • 1 c. chocolate milk • 1/2 c. oatmeal • 1-2 slices sandwich bread • 1 English muffin • 1 granola or cereal bar • 1 x 8" tortilla or wrap • 1/2-3/4 c. rice or farro • 1/2-1 c. quinoa, beans, lentils* • 3/4 c. cooked pasta • 1/2 c. applesauce 	<ul style="list-style-type: none"> • 2-3 pieces or cups fresh fruit • 3/4-1 c. dried fruit • 2 c. fruit juice • 2 c. chocolate milk* • 1-1 1/2 c. oatmeal • 1 bagel • 2 English muffins • 2 x 8" tortillas or wraps • 1-1 1/2 c. rice or farro • 1 1/2-2 c. quinoa, beans, lentils* • 1 1/2 c. cooked pasta

Key: *Protein source contains at least 15g of carbs, carb source contains at least 10g protein

**High calorie protein source due to high fat content

Athlete Recommendations:

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