



Carbohydrates

Carbohydrate is important for recovery! Protein is not the only nutrient that is essential in the recovery phase. To optimise recovery, carbohydrate is also important to refuel the muscles and reduce fatigue-limiting factors in your next session. The urgency for carbohydrate after exercise depends on the time you have until your next training session.

If you are training again within 8-12 hours, get in your recovery snack that includes carbohydrate as soon as possible (within 1 hour of finishing training). Some examples include; toast with peanut butter or ricotta cheese, smoothie (made with milk, oats and fruit), homemade banana bread, dried fruit/nut mix or fresh fruit & yoghurt. If you have a longer gap till your next training session, including carbohydrate at the meal that follows training will help replenish carbohydrate stores.

VIS Sports Dietitian, Kylie Andrew