



### **Recovery**

After a tough session, good nutrition helps your body adapt to the stress imposed by exercise, so as you can become fitter, stronger and faster. It is particularly important when you have back to back sessions. For example; a night session followed by an early morning session. Here are our tips for good recovery:

1. Eat the correct amount of carbohydrate. This is to help restore the glycogen levels faster which will ensure that you're not running on empty in your next session. It is recommended to consume 1-1.5g of carbohydrate per kilogram of body weight post an intense session. This can be lower after a lighter session or more after strength based sessions.
2. Aim for 20g of protein directly post session (particularly a strength based session). It is important to get that 20g of protein in within 30 minutes of finishing to begin the muscle restoration process. For some individuals a protein shake is the easier way to achieve this. However, consuming your protein from a food source, like milk, yoghurt or tuna is also sufficient.
3. Casein (milk based protein) before bed is wise. It digests slower and releases its amino acids to repair muscle as you rest.
4. Hydrate. Dehydration can delay the recovery process and replacing fluids as soon as possible after exercise is important. Water is sufficient in rehydrating in most circumstances. However, for long sessions in the heat or sessions where a large amount of sweat is lost, Gatorade may be required.

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