

# Post Recovery Nutrition

## Importance

The restoration of carbohydrate (glycogen) and protein stores after strength training, intense workouts or activities lasting longer than 2 hours are important in order to minimize fatigue, improve recovery and reduce the occurrence of overtraining.

## Timing

The optimal time to restore carbohydrates and protein back in the muscle is within 30-45 minutes after activity. Pending on the length of activity or competition you should than follow the post recovery snack with a meal in the next 90 minutes .

## Amount of Nutrients

### Carbohydrates

- ▶ Aim for 30-60g of carbohydrates within 30-45min
- ▶ If you delay carbohydrate intake for too long after activity it will reduce muscle glycogen storage and impair recovery

### Protein

- ▶ Aim for 10-20g of protein within 30-45min
- ▶ If you delay protein intake you slow down muscle recovery, repair, growth and maintenance

### Fluid

- ▶ Consume 20-24oz of fluid for every pound of body weight lost
- ▶ If lost less than 1 lb rehydrate within the hour. If lost more, rehydrate the remaining throughout the day
- ▶ Remember if you are 1% dehydrated performance can decline up to 12%



## POST RECOVERY SNACK IDEAS:

- 12-20oz chocolate milk
- Clif Builder bar & Smart Water
- USANA Nutrimeal (gluten free) & 10oz Soy Milk
- 2/3 cup cottage cheese, 1 cup pineapple & Unsweetened Tea
- PB & Jelly Sandwich with 6oz Greek yogurt & Water
- Naked or Odawalla protein smoothie

*For more post snack ideas please refer to the "Sports Nutrition Guide for Student-Athletes" pgs 59-126.*



Dawn Weatherwax, RD, CSSD, LD, ATC, CSCS, MET I  
CEO of SN2Go  
Contact us to customize your post nutrition plan  
[www.sn2g.com](http://www.sn2g.com) | [info@sn2g.com](mailto:info@sn2g.com) | 513.779.6444  
6659 Liberty Court, Liberty Township, OH 45044