

POST-GAME RECOVERY



'Recover hard, play harder' is the new 'work hard, play harder'. Bottom line is, if we are not setting ourselves up to recover well and head into our next session with our A-game, we aren't going to perform as good as the guy next to us!

REPAIR - PROTEIN

Amino acids (from protein) are the building blocks of our muscles - after a hard session, we need high quality protein to repair them

REFUEL - CARBOHYDRATES

We have just used the energy stored (glycogen) in our muscles - we need to replenish this quickly to set us up for our next session

REHYDRATE - WATER

Replace our fluid losses to prevent dehydration

SIDE EFFECTS OF POOR RECOVERY NUTRITION

- Extended muscle soreness
- Reduced performance
- Fatigue
- Risk of injury

WHEN within 1 hour post-session

WHAT carbohydrates + >20g quality protein + fluid to replace 150% of losses

