

Recovery and Re-fuelling

Refuelling for Recovery

- Eat a balanced diet
- Carbohydrates & Protein are both needed for effective refuelling



How to refuel

- Immediately after training (within 15mins) refuelling should take place/begin with a light carbohydrate and protein snack.
- Energy is absorbed much faster during the period 2 hours after training. This is when a larger Carb/Protein/Veg meal is appropriate.
- *See examples list for ideas*

Carbohydrate Sources

- Rice
- Wholewheat Pasta
- Quinoa
- Porridge Oats
- Potato
- Yoghurt
- Apples
- Bananas
- Sweetcorn

- Crumpets
- Wholemeal or Seeded Bread
- Wholemeal Bagels
- Malt Loaf
- Honey on Toast
- Rice Pudding
- Weetabix

Protein sources

- Chicken
- Canned Tuna
- Turkey
- Pork Chops
- Eggs
- Lean red meat
- Ham
- Tofu
- White fish
- Salmon
- Chickpeas
- Milk (semi skimmed)
- Flavoured milk (low sugar variety)

- Plain Greek Yoghurt
- Natural Yoghurt
- Baked Beans
- Peas/Beans (Garden Peas, Edamame Beans, Kidney Beans, Broad Beans, etc)
- Lentils
- Mixed nuts (Cashews, Pistachios, Almonds)
- Quinoa
- Nut spreads (low sugar)
- Malt Loaf
- Milk powder

Fuelling for competition

- Consumption of a carbohydrate based meal 2-3 hours before the race start time will boost energy stores
- Post racing snack similar to training to aid recovery

Hydration

- Athletes should always have a (clean) water bottle with them containing either water or High Juice.
- Dehydration causes a decrease in performance (mental and physical)
- Dehydration can occur in all climatic conditions
- Before , during and after training are all important



- Water/High Juice after training - not coffee, or coke as all these have varying degrees of a diuretic effect and can increase water loss.
- Brand name 'energy' drinks expensive - simple solution of water and fruit juice with a pinch of salt is cheap and effective. Always experiment in practice first – do not try for 1st time on race day



Sleep

- Associate bed with sleep – not with TV, computers, mobile phones, etc.
- Sleep is not the time you spend in bed, but the actual time you are asleep
- Sleep environment should be pleasant and relaxing, a comfortable bed, low light intensity, not too hot or cold
- Establish a regular bedtime routine
- Avoid caffeine close to bedtime
- Try not to eat large meals just before bed
- Avoid vigorous exercise just before bed

Active Recovery

vs

Passive Recovery

- The most common approach to recovery is complete rest. E.g **Passive recovery**
- **HOWEVER** – research suggests that **active recovery** can promote blood flow which helps clear the body of lactate (the chemical that causes muscular fatigue). Active recovery is not intended to be intensive as this will create more lactate than it will remove, but some low intensity exercise will significantly aid in recovery.
- This is why the senior girls training programme contains a 30-45min walk on a Sunday to help with their recovery from the weeks training. It doesn't need to be intensive, a family stroll or walking the dog are all good ways of incorporating this into the weekend.