

Exercise: Recovery Nutrition After Intense Daily Training

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The goal of recovery nutrition is to convert the body from a catabolic state (breakdown) to an anabolic state (building). Immediately after exercise, the window is open for nutrient delivery to muscle cells. Recovery is a two-step process—a meal or snack immediately after training, and a meal approximately 1 hour later.

A carbohydrate and protein snack immediately after exercise will:

- Decrease core temperature
- Rehydrate
- Restore energy and fuel
- Rebuild muscle
- Reduce muscle damage
- Speed muscle repair
- Keep you healthy
- Improve performance

Nutrients needs for recovery Here are some different ways to estimate nutrient needs for recovery based on body weight.

1.2-1.5 grams (g)/kilogram (kg) nutrition repletion factor: Provided by a combination of carbohydrate and protein immediately after activity. This is equivalent to:

- 8 g/kg of carbohydrate post-strength training or 0.9-1.2 g/kg carbohydrate post-endurance training
- 0.3-0.4 g/kg of protein post-training

2:1 or 3:1 carbohydrate-to-protein ratio: This is equivalent to:

- 15-25 g protein
- 45-75 g carbohydrates

After exercise Ideas for a snack immediately after exercise include:

- Chocolate milk
- Recovery shake
- Trail mix
- Sandwich

Recovery is not complete until you eat a meal approximately 1 hour later.

Contributed by Megan Mangano, RD, CSSD. Adapted with permission from the Athletes' Performance Nutrition Team, www.athletesperformance.com, and www.coreperformance.com.