

## **BY DAN MCCARTHY//NATIONAL TEAM HIGH PERFORMANCE CONSULTANT**

During hard training cycles, like Christmas training, it is imperative for athletes not only to eat promptly (within a half-hour) following a hard training session, but eat the right amount of carbohydrates and protein as well. A sound recovery plan will be based on an athlete's body weight.

- Athletes should eat .5 grams of carbohydrates for every pound of body weight
- Athletes should eat 15-20 grams of protein
- Athletes should drink 24 ounces of water for every pound lost
- Athletes should include electrolytes (sodium, potassium) from food with salt or a sports drink

The dieticians at the USOC have compiled some suggested recovery meals based on body weight:

### **110-132 Pound Athlete**

- 16 ounces of chocolate milk and water, or
- 6 ounces of non-fat Greek yogurt, fresh fruit, and water, or
- A natural ingredient sport bar (fruit/nut), a glass of skim milk, and water

### **154-176 Pound Athlete**

- 24 ounces of chocolate milk and water, or
- Sport bar (45-50 grams of carbs/15-20 grams of protein) and 16 ounces of sport drink, or
- 12 ounces of non-fat Greek yogurt, one cup of fruit juice, and water

### **198-220 Pound Athlete**

- 24 ounces of chocolate milk, water and a banana, or
- Sport bar (50 grams of carbs/15-20 grams of protein) and 24 ounces of sport drink

Not only must an athlete eat their recovery snack within a half hour of completing practice, but they must also have a meal within an hour of eating their recovery snack, and add another snack an hour after the meal. Obviously this is not a recovery plan for every day of the year, but it will certainly make a difference when the coach pulls out their special New Year's 10,000-yard set to cap off an intense week of holiday training.