

Performance Recovery

RDpro, LLC

2012 USAS Science and Sports Medicine Panel

Recovery: the part of training where the benefits of the work done are maximized by reducing fatigue and increasing your ability to cope with exercise.

- ✓ Recovery can begin as soon as you start exercising.
 - Daily meals should be:
 - 50-60% carbs from fruits, veggies, beans, and whole grains,
 - 15-20% protein from lean meat such as chicken, turkey and fish, beans, and nuts,
 - 20-25% from healthy fats such a fish, nuts, olive oil, avocados.
 - Fuel during exercise with carbohydrate if it is >60 minutes.
 - Be proactive, rather than reactive! Eat frequently throughout the day (every 2-4 hours) to maintain your energy levels and plan ahead so you won't be caught hungry after a workout.
 - Eat within 30 minutes of completing exercise (try the listed snack ideas!).
 - To replenish depleted blood sugar and muscle glycogen stores, consume a 4:1 carb to protein post workout snack.
 - Antioxidants protect the body from stress, speed recovery, and prevent some illnesses. Have you had your antioxidant rich fruits, veggies, nuts, whole grains today?
 - Periodization: tailor your eating to where you are in your season – if you are in the middle of the season doing 8,000 yards increase your intake, if you are tapering and only doing 3,000 yards have a little less.

- ✓ Hydration Check:
 - Urine should look like pale lemonade.
 - Weigh yourself before and after exercise, and replenish with 24 oz. of water for every lb. lost.

- ✓ Considering a supplement for recovery? Ask yourself these questions first:
 - Why am I taking this? Does this product even do what it claims to do? Is there research that proves it? Is that research based on the type of athlete I am (age, sport, gender, etc)? Has it been tested for safety by a third party?
 - Talk to a doctor or an RD/sports dietitian before you take it.

Snack ideas:

Trail Mix

Yogurt with fruit and granola

Dry cereal

Fruit smoothie

Chocolate Milk

Peanut butter and jelly sandwich

String cheese

Contact us:

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