

Refueling After Practices and Events

In order to get the full benefit of your workout, you need to refuel your body. Recovery meals and snacks are even more important if you have more than one training session a day. Focus on taking in fluids, carbohydrates and protein after your practices and events to maximize your training.

Fluids

Replace the fluids and electrolytes (sodium and potassium) you lost in sweat. Water, sports drinks, milk, soup and fruits all help you rehydrate.

Carbohydrates:

The muscles need carbohydrates to replete the glycogen (the storage form of carbohydrate in the muscles) utilized during your workout. Complex carbohydrates found in whole grains, fruit, beans and baked potatoes will help you replenish your glycogen stores, as well as, provide vitamins and minerals.

Protein

The muscles need protein for muscle repair and building. Protein also helps people feel full after a meal. Be sure to include protein sources such as dairy, eggs, beans, chicken, fish or meat in your post-workout meal or snack.

Timing

Aim to begin your recovery with a meal or snack within 60 minutes following practice or an event. The sooner you can start your recovery, the better.

Recovery Snacks Ideas

Chocolate milk

Cereal + milk

Smoothie made with fruit + yogurt

Yogurt + banana + peanut butter

Recovery Meals Ideas

Pasta + meat sauce + vegetables

Bean burritos + lettuce + tomatoes

Chili + baked potato

Eggs + whole wheat toast and fruit

Stir fry with lean meat + veggies + brown rice