

RECOVERY

FOR BEST RECOVERY CONSUME CARBOHYDRATE,
PROTEIN AND FLUID WITHIN 30 MIN POST EXERCISE



REFUEL WITH CARBOHYDRATES

Consuming carbohydrates during long training sessions (over 60mins) and during your recovery replenishes your food stores, lowers stress markers in your body and boosts your immune system.



bowl of rice



banana on toast



pasta



REBUILD YOUR MUSCLES WITH PROTEIN

Adding sufficient amounts of protein to your recovery meal helps repair your muscle tissue and boost your immunity.



eggs on toast



milk



tuna



REHYDRATE

Dehydration increases your stress hormone response and reduces your saliva flow. Saliva contains several antimicrobial properties that help to boost immune function. Saliva flow rate is reduced during exercise.



milk



water



juice

Regular fluid intake during exercise can prevent this reduction in saliva flow.

Drink cool / palatable fluids throughout your training sessions and in recovery.