

Fuel Your Recovery

Recovery is defined in the Webster dictionary as "the act of regaining or returning toward a normal or healthy state." In recovery nutrition the foods we choose to consume have been shown to positively affect recovery and your future performance.

In a hard workout, you can use up all your stored glycogen, easily sweat over two liters of water, and break down both muscle and red blood cells. This is why what you consume in the minutes and hours after your training is so crucial to both performance, recovery, and weight gain/loss.

Ingesting carbohydrates after training is critical in replenishing glycogen stores and initiating muscle glycogen synthesis. If we don't replenish these stores your training performance can be compromised in future sessions.

It is recommended that 1.2g per kilogram of bodyweight of carbohydrates be consumed post exercise. Sometimes it is not practical for you to consume such a large quantity of carbohydrates straight after exercise, as you may have difficulties tolerating food or drink. There is a way to combat this, though. Research in the International Journal of Sport Nutrition and Exercise Metabolism has shown that ingesting protein (0.2-0.4g/kg) and a smaller amount of carbohydrates together (around 0.8g/kg) can result in a similar effect, stimulating an endogenous insulin release that actually replenishes glycogen stores at a similar rate as ingesting 1.2g/kg of bodyweight of carbohydrates does.

Muscle protein is broken down due to high intensity or prolonged exercise. This makes recovery nutrition important in helping to rebuild the muscle and speed up the metabolism. Once the recovery phase begins the catabolic processes reduce while anabolic processes increase and continue on for at least 24 hours after training. The ingestion of essential amino acids from quality protein sources has been shown to help with the muscle-building process. Even though research continues into the type, amount, and timing of protein consumption to obtain the maximum results, most agree that those who do either endurance or resistance type training will get the desired benefit by consuming 20-30g of high quality protein within the first hour post exercise (that's about one scoop of any protein powder).

So, if that is way to scientific for you and you are saying..."just tell me what to do!" then here is it....

Within 30 minutes post exercise consume one of the following snacks and then follow that with a full macronutrient meal within 2 hours post exercise. You will see the most and fastest results when you follow this tip.

1. apple and nut butter
2. banana and nut butter smoothie
3. protein shake (I like Sunwarrior or Vega brand protein)
4. chocolate milk
5. GoMacro bar
6. Greek yogurt with berries