

AN ASSESSMENT OF TODAY'S TOP RECOVERY MODALITIES:

# RECOVERY NUTRITION



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## THE 4 R'S OF PERFORMANCE RECOVERY

### REHYDRATE

#### FLUID

20–24 oz of fluid per pound of body weight lost

### REPLENISH

#### SODIUM

Replace sweat losses with sodium from fluid or food to help the body retain fluid

### REFUEL

#### CARBOHYDRATE

1.0–1.2 g/kg (when 8 hours or less before next training or competition)

### REBUILD

#### PROTEIN

0.25 g/kg shortly after training or competition, and again every 3–4 hours throughout the day, including before sleep

## SHORT TERM VS. LONG TERM BENEFITS

- “Quick” Recovery — Refuel with Carbohydrate, Rehydrate
- Longer-Term Adaptation — Protein

## SOME FACTORS THAT INFLUENCE RECOVERY NUTRITION CHOICES

- Sport
- Goals of Athlete
- Period of Year (ie: In-Season vs Off-Season)
- Time Until Next Training Session, Practice or Competition
- Intensity and Duration
- Environment
- Travel

## EMERGING NUTRIENTS THAT MAY IMPACT RECOVERY

(With Regular Consumption, Not Limited to Post-Training)

- Tart Cherry Juice
- Vitamin D
- Fish Oil

### REFERENCES

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