



## POST-EVENT RECOVERY

Refuelling is a key priority in recovery from physical activity. Muscle glycogen storage occurs at a slow rate and it takes about 24 hours for muscles to restore depleted fuel stocks back to their resting levels.

If the time between exercise sessions is short (< 8-12 hours) it makes sense to make every moment count. Try to eat a carbohydrate rich meal or snack within 30 minutes of finishing each exercise session. Eating at least 50-100g of carbohydrate is enough to start the refuelling process. Aim for another snack or meal within the next 2 hours.

Thinking ahead is the key to good post-event recovery. If the thought of preparing a meal after exercise is just too much, then having a healthy meal already prepared is a good plan.

A carbohydrate-rich drink is a quick and convenient way to refuel that has the added benefit of providing a means for rehydration.

Snack foods that you can take with you are also useful. These can include bars, fruit and sandwiches.

Think ahead so that you have something on hand after the session!

Cereal, toast or a fruit smoothie can be quickly prepared when you get home if you have not already prepared a meal or haven't any leftovers.