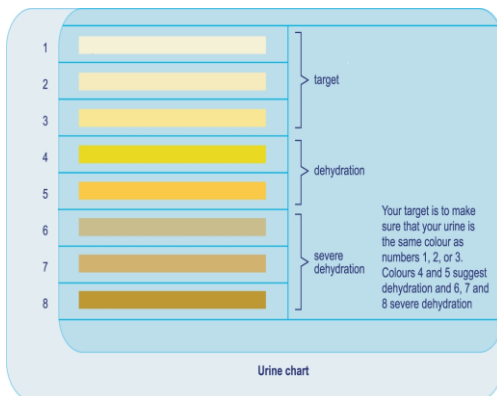


Recovery Nutrition for Swimmers

Proper nutritional recovery is vital to performance. Failure to replenish fluids and fuel after training can quickly result in sore muscles, fatigue and under-performance at your next training session. Here's how to promote full recovery after a hard session in the pool:

Priority 1: Replace fluids

Your muscles cannot fully recover until your cells are **properly hydrated**. So make drinking your priority – start drinking while stretching, before you've showered. The exact amount you need to drink depends on how dehydrated you are after swimming. The **'pee test'** (see the chart below) will give you an idea how dehydrated you are, otherwise **weigh yourself**



before and after training. For each **0.5 kg (1 lb approx) of body weight lost, drink 600 – 750 ml of fluid** (e.g. water, diluted juice or squash, milk – but not all in one go).

Drink little and often – I suggest 100 – 150 ml every 10 or 15 minutes over the next hour or so until your urine is very pale yellow.

Priority 2: Refuel

You need to replace the fuel (carbs) that you've used otherwise you will feel sore, achey and tired during your next session.

Take advantage of the 30-minute window: This is when your muscles **restock energy** levels faster than normal. The sooner you supply your muscles with carbs and protein after training, the quicker they will **repair and rebuild**. So have your recovery drink/ snack ready in your kit bag or in the car to eat on your journey home.

Eat carbs with protein: To help the body repair and rebuild, you need carbs with protein in a ratio of 3: 1. Ideally you should consume **approx 20g protein**. You can achieve this either in the form of drink (milk) or food (see below). You don't need commercial recovery drinks

Opt for a milk drink: Milk, flavoured milk and milk shakes are near-perfect recovery drinks. Research shows that **all types of milk** after training speed up fuel recovery, encourage muscle gain and even reduce muscle soreness after training. They also help **rehydrate** the body more effectively than sports drinks, according to recent studies. Opt for **whole, semi or skimmed milk**; ready-to-drink **milk shakes** (e.g. Yazoo) or make your own **yoghurt smoothie** from fruit, yoghurt and milk OR milk shake powder and milk.

Here are some ideas for post-workout snacks supplying **20 g protein**:

- 500ml of **milk** or milkshake plus a banana
- 250ml **milk** or milkshake plus 2 pots of fruit **yoghurt**
- 500 ml **milk** or milkshake plus an **oat-based bar** or flapjack
- 200ml **milk** or milkshake plus 1 pot **yoghurt** plus 1 slice of **toast** and honey
- **Homemade milk shake:** Blend 1 cup milk, 1 banana, 1 pot yogurt, 1 tbsp chopped walnuts, 1 scoop chocolate milkshake powder and 6 to 8 ice cubes
- **Fruit yoghurt smoothie:** whizz together 2 pots of yoghurt, 1 banana or a handful of berries and 150ml fruit juice in a blender
- 50g **nuts** (e.g. almonds or cashews) plus 2 pots of **yoghurt**

