

Fueling for Peak Performance

Post Exercise:

To best promote replenishing (repletion) of muscle glycogen stores, consume carbohydrate-rich foods within 15 minutes after the workout has ended

- 250-300 calories (with a *4:1 ratio of carbs to protein*). This breaks down to about 50-60 grams of carbs and 12-15 grams of protein.
 - Waiting longer than two hours to eat results in 50 percent less glycogen stored in the muscle.
 - This means less energy for subsequent workouts.
- Whole foods make better recovery snacks than manufactured foods.
 - You get more than just carbohydrates or protein. You also get vitamins, minerals and antioxidants which a healthy, active person needs.

Protein is important after exercise to help:

- Rebuild muscle tissue that is damaged during intense, prolonged exercise.
- Increase the absorption of water from the intestines and improve muscle hydration.
- Stimulate the immune system.

Repletion of fluid loss

Repletion of fluid loss is the most essential part of recovering after a hard bout of exercise. Replacement of water lost through sweating and promotion of water balance are best managed by drinking water throughout the workout, as well as after exercise is completed.

In order to ensure proper rehydration post-workout, you should know your typical “sweat rate.”

- To find your sweat rate, weigh yourself prior to your run and directly afterwards.
 - Drink two cups for every one pound of body weight lost.

Good fluid choices include: water, high-water-content fruit (watermelon, grapes, melon and oranges), and high-carbohydrate sports drinks (7% CHO).

Repletion of electrolytes

The following are common recovery foods, which are high in essential electrolytes:

- Potatoes
- Bananas
- Cheese
- Yogurt
- Soup
- Breads
- Orange juice
- Cereals

Post-Exercise Meals:

- 8 fluid ounces of orange juice and two slices of bread
- Turkey and cheese sub sandwich with pretzels and an apple
- 12-16 oz chocolate milk
- Cinnamon-raisin bagel with a fruit-and-yogurt smoothie
- 12-16 fluidoz of juice or a sports drink and a fruited low-fat yogurt
- Pasta with lean meat sauce and a tossed salad with vinaigrette
- Cereal with milk and a banana
- Dried fruit and low-fat cheese
- Fruit-flavored yogurt with low-fat granola and an orange
- Vegetable bean soup and a roll
- Greek yogurt

A balanced diet that includes carbohydrate-rich foods all the time will promote glycogen storage between workouts so you have enough energy to get through the next workout and/or event.

Remember: Don't try anything new on race days!