

POST TRAINING MEALS

The timing and composition of post exercise snacks and meals depends on the duration and intensity of the exercise session (i.e. whether carbohydrate stores were depleted) and when the next intense workout will occur.

After intense exercise sessions when muscle glycogen stores are depleted the athlete should aim to consume 1g of carbohydrate per kg of body mass immediately after exercise to replenish glycogen stores.

Protein consumed immediately after exercise will provide amino acids for the building and repair of muscle tissues. Consuming 10 -20g after exercise will be valuable after an intense pool session and especially after an S & C session.

Examples of foods which could be consumed immediately after your sessions and can be stored at the pool in your lockers or fridge!

Any One of the Following Items	
1 bottle of ForGoodness Shakes	
Any Two of the Following Items	
(One item from the left and one from the right)	
1 tin of low fat rice pudding	1 large piece of fresh fruit
1 pint of low fat milk	1 large tin or pot of fruit salad
1 pot of low fat yogurt	1 cereal bar
1 pot of low fat custard	1 carbohydrate bar
500ml carbohydrate drink/juice	2 Jam tarts
1 Sandwich (meat or peanut butter filling)	1 75g flap jack
500 ml low fat milk shake	2 medium Slices of Malt loaf

This is not extra nutrition during and should make up part of your daily energy intake. The examples shown are based on a 70kg athlete and should be adjusted accordingly to suit your nutritional requirements.

Michael Naylor – Performance Nutrition Intern

English Institute of Sport, Sport City, Gate 13, Rowsley Street, Manchester, M11 3FF

Email: michael.naylor@eis2win.co.uk Mobile: 07949470516

