



NETBALL VICTORIA NUTRITION FOR RECOVERY

NUTRITION INFORMATION:

The goals of the recovery nutrition are to:

- Appropriately refuel and rehydrate the body
- Promote muscle repair and growth
- Boost adaptation from the training session
- Support immune function

Proactive recovery nutrition is especially important if you complete two or more training sessions in one day or two sessions in close succession (e.g. evening session followed by early morning session the next day).

What can happen if I get my recovery nutrition wrong?

Inadequate nutrition recovery, especially if training multiple times a day, can result in:

- Increased fatigue (during training and at work or school)
- Reduced performance at your next training session or event
- Suboptimal gains from the session just completed
- Increased muscle soreness

How soon after exercise should I be eating and drinking?

Rehydrating should begin soon after finishing your training session or event, however, the urgency for carbohydrate and protein after exercise depends on how long you have until your next exercise session.

The body is most effective at replacing carbohydrate and promoting muscle repair and growth in the first ~60-90min after exercise, however this will continue to occur for another ~12-24hr. So, if you have a quick turn around between sessions it's a good idea to maximise your recovery in the first 60-90 minutes after you finish exercising. Some people may benefit from splitting their recovery into two parts with a small snack soon after exercise to kick start the recovery process followed by their next main meal to complete their recovery goals.



FUEL UP FOR TRAINING:

GOOD PRE TRAINING SNACK:

- Light sandwich with a protein filling
- Fruit & Yoghurt
- Smoothies or Up & Go
- Dried Fruit & Nuts

AFTER TRAINING RECOVERY:

- Start with water to rehydrate
- Fruit and Yoghurt
- Milk Drink
- Source of Carbohydrates

TRAVEL DAY

Take a snack to have on the way to the airport or at the airport.

- Fruit
- Milk Drink
- Protein Rich Sandwich
- Muesli Bars

The night before:

- Pasta
- Rice
- Couscous

Practice good hydration before, during and after a flight

- Plenty of fluids

Be active as much as reasonably possible during the flight

- Walk the aisles



HYDRATION

General	Before Training (Water)	During Training or Match (water and Hydralyte)	After training or match (water and Hydralyte, milk drink)
1 Bottle of water, Morning, Afternoon & each training session	300-500ml prior to warm up	Small amounts at every break	300-500ml immediately
			Small amounts for the next 2-3 hours

MATCH DAYS

Breakfast - 3-4 hours prior to match	Pre game / Light snack - 1-2 hours prior to match	Post match Snack - 30 minutes - 1 hour post match	Post Match Meal
<ul style="list-style-type: none"> • Cereal with Milk • Toast • Eggs • Pancakes 	<ul style="list-style-type: none"> • Crackers • Cheese • Fruit • Sports drink 	<ul style="list-style-type: none"> • Dried or fresh fruit • Muesli Bar • Milk Drink • Sushi • Light sandwich/ wrap with protein 	<ul style="list-style-type: none"> • Pasta or rice based meal with protein and veg • Healthy Pizza • Burgers ie. Grilled • Stir Fry • Mexican
			<ul style="list-style-type: none"> • Soup (prior to bed) • Toasted Sandwiches (prior to bed)
Keep up fluid intake	Keep up fluid intake	Keep up fluid intake	Keep up fluid intake



RECOVERY CHEAT SHEET:

You need 1g of carbohydrate per kg of your body weight ASAP and again 2 hours later

1 Bottle (600ml) Gatorade	40g
1 can creamed rice	40g
1 jam/honey sandwich	40g
1 tetrapak Sustagen	30g
2 slices of bread	30g
1 box sultanas	30g
1 muesli bar	25G
1 Musashi SLM drink	20g
1 tub jelly & fruit	20g
1 piece of fruit	20g
1 row of rice crackers	20g
30g (-15) pretzels	20g

Plus you need 10-20g of protein e.g. a Sustagen or milk