

# EAT 2 COMPETE









## Kit Bag Recovery

The main fuel used in high intensity exercise is carbohydrate, which is stored as glycogen in muscles and the liver. Hard training and intense matches use a lot of your glycogen stores, and these must be replaced if you are to have enough energy for the next session. So re-fuelling is a priority during the recovery period. Eating protein in recovery is also important to provide the right raw materials for muscle growth, repair and health. Fluid will

also be lost when you sweat so re-hydrating is another thing you have to remember when your training or match is over.

You may not feel like eating after hard exercise, so you need to choose foods that are easy to eat and drink, as well as being handy to keep in your kit bag. The more you practise eating after training and matches the easier it will get.

Check out these ideas for changing room recovery snacks - be organized and have them with you.

SNACKS & DRINKS	
	Re-fuel 1 300mls of flavoured milk drink + cereal bar + juice drink 
	Re-fuel 2 300mls of yogurt drink + large banana + juice drink 
	Re-fuel 3 Breakfast cereal (takeaway tub) + 300mls milk + juice drink 
	Re-fuel 4 Chicken sandwich + juice drink 
	Re-fuel 5 2 tubs of yogurt + cereal bar + juice drink 
	Re-fuel 6 1 tub of Muller Rice + large banana + juice drink 
	Re-fuel 7 300mls milk + 2 pancakes 
	Re-fuel 8 300mls yogurt-type smoothie or milkshake + a handful of sultanas 

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