

RECOVERY SUGGESTIONS

Milo chocolate drink (extra vitamins and minerals including Iron)

Three heaped tablespoons skimmed milk powder (45g)

Two tablespoons milo chocolate (40g)

500mls cold water

Analysis	Milo	Skimmed milk powder	Total
Protein	16	16.02	32
Carbohydrate	48.6	24.3	72.9
Fat	8.6	2.7	11.3

Plus 500mls of sports drink (approx 35g extra carbohydrate)

Plus extra water to meet losses.

Build Up Drink (extra vitamins and minerals including Iron)

Three heaped tablespoons skimmed milk powder (45g)

1 Sachet build up

500mls cold water

Analysis	Build UP (38g)	Skimmed milk powder	Total
Protein	8.4	16.02	24.4
Carbohydrate	24.3	24.3	48.6
Fat	1.9	2.7	4.6

Plus 500mls of sports drink (approx 35g extra carbohydrate)

Plus extra water to meet losses.

Max for milk (extra vitamins and minerals including Iron)

Three heaped tablespoons skimmed milk powder (45g)

Two tablespoons max for milk (40g)

500mls cold water

Analysis	Max for milk (40g)	Skimmed milk powder	Total
Protein	24	16.02	40
Carbohydrate	31.3	24.3	55.6
Fat	1.16	2.7	3.86

Plus 500mls of sports drink (approx 35g extra carbohydrate)

Plus extra water to meet losses.

Nesquik with skimmed milk (extra vitamins and minerals)

Three heaped tablespoons skimmed milk powder (45g)

Two tablespoons Nesquik (40g)

500mls cold water

Analysis	Nesquik (40g)	Skimmed milk powder	Total
Protein	0	16.02	16
Carbohydrate	39	24.3	63.5
Fat	0	2.7	2.7

Plus extra water to meet losses.

WHAT DOES IT MEAN?

The main aim of recovery is to combine carbohydrates along with protein to help absorb both and recovery for the next session. The recommendations would be that you aim for a 1:4 (protein:carbohydrate). That means for every 1g of protein you eat or drink you take 4g of carbohydrates. As well as the milk shake drinks you will need to have extra sports drinks to increase the amount of carbohydrates.

So the example of the Nesquik drink is that you will get 16g protein and 63.5g carbohydrate. This a 1:3.97, so almost 1:4 ratio.

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