

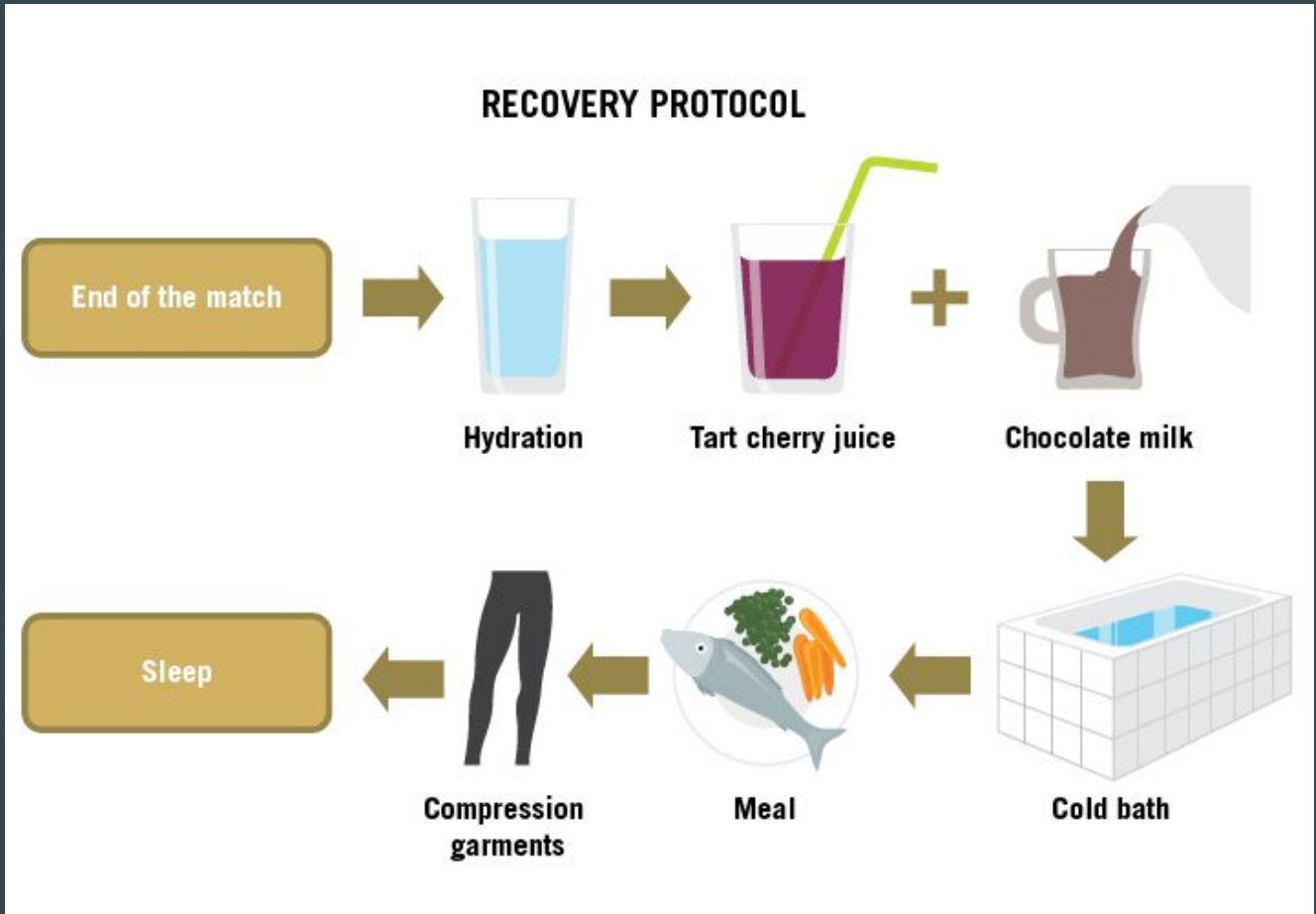


Recovery

NICK  
NAYLOR   
PHYSIOTHERAPY

# Overview

- Intro
- Nutrition
- Sleep
- Movement
- Questions



# Nutrition

“Invest in yourself”

# Nutrition

1. Two phase → Immediately, within 2 hours
2. Refuel, Replace, Repair, Reinforce

Reference: USOC Nutrition Guide

<http://coachrey.com/volleyball-blog/wp-content/uploads/2014/04/USOC-Nutrition-Guide.pdf>

# Nutrition

## Recovery Nutrition Guidelines

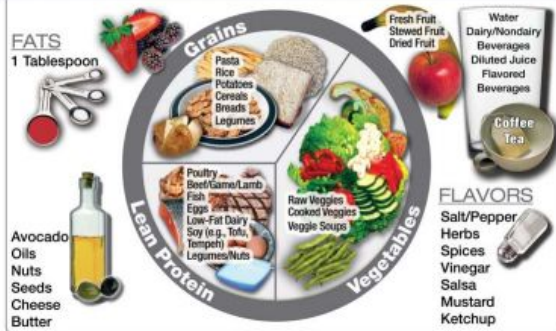
Training Type	Nutrition Guidelines	Examples of Recovery Nutrition
<b>Hard training</b>  <b>Characteristics:</b> <ul style="list-style-type: none"><li>Higher volume and/or intensity phases</li><li>Physical adaptation training (ie. heavy lifting, altitude training)</li><li>Competition or simulated competition days</li><li>Multi-day training bouts</li></ul>	<ul style="list-style-type: none"><li>Refuel <u>immediately</u> after training</li><li>Ensure a minimum of 1 g/kg carbs, 15-20g protein, and fluids/electrolytes lost are replaced.</li><li>Eat next meal within 1 hour of initial recovery fuel.</li><li>Add a snack 1 hour later.</li><li>Regular fueling and hydration throughout the day.</li><li>Planning is essential!</li></ul>	<b>45 - 60kg (110-132 lbs)</b> <ul style="list-style-type: none"><li>16oz chocolate milk + water ←</li><li>6oz non-fat Greek yogurt + fresh fruit + water</li><li>Natural ingredient sport bar (fruit/nut) + glass of skim milk + water</li><li>Recovery mix (carbohydrate + protein mixed)</li></ul> <b>70-80kg (154-176lbs)</b> <ul style="list-style-type: none"><li>24 oz chocolate milk + water ←</li><li>Sport bar (45-50g carb/15-20g pro) +16oz sport drink</li><li>2 x 6oz non-fat Greek fruit yogurt + 1 cup fruit juice + water</li><li>Recovery mix + Banana</li></ul> <b>90-100+kg (198-220+kg)</b> <ul style="list-style-type: none"><li>24 oz chocolate milk + 1 banana ←</li><li>Sport bar (50g carb/15-20g pro) + 24oz sport drink</li><li>Recovery mix (aim for 90 g of carbs and 25 g of protein) + banana</li></ul>

# Nutrition

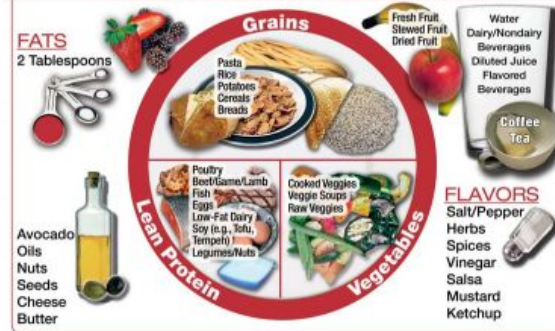
## EASY TRAINING / WEIGHT MANAGEMENT:



## MODERATE TRAINING:



## HARD TRAINING / RACE DAY:



# Sleep

“Aim for 10, hit 9, beat  
8”

# Sleep

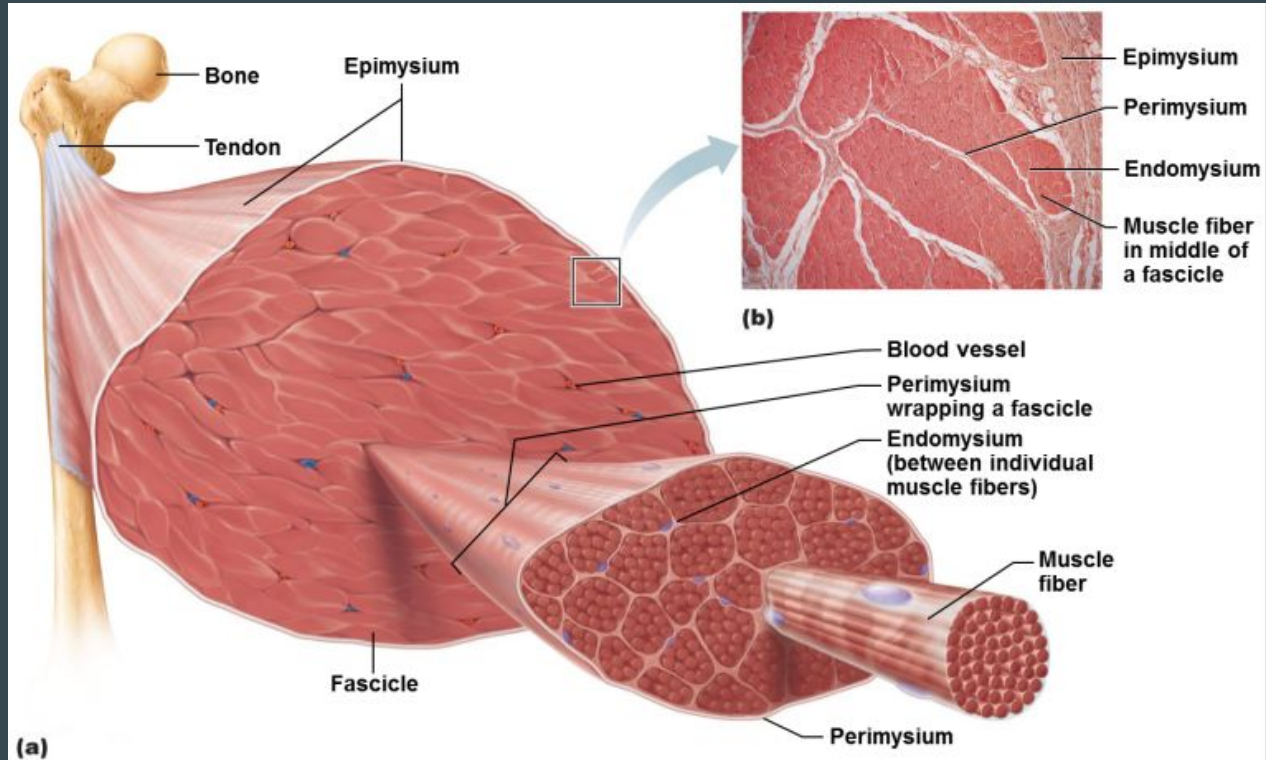
- Napping → 15-30 or 90 mins
- Supplements → ZMA, tart cherry juice, fibre, kiwifruit and dairy protein.
- Strategies → De-power hour, monitoring apps.



# Movement

“Muscle soreness not lactic acid”

# Movement



# Overview

What I do now:

- Prepare - Two ways
- Choc milk + snack
- Nuun as I need post, have on hand
- Cold water immersion
  - If contact session or if on feet/exertion 8-10/10
  - 12-15 deg for 10-20 mins
- Meal within an hour
- Protein an hour before bed with tart cherry/fibre (+ ZMA if up early in the morning)
- De power hour: Planning/review, low light, reading
- Next day: Pool session with 6 meals

Questions??