



Welcome to Caryn's XTERRA Nutrition Snippet Series

4 races down...6 to go.

XTERRA RACE 5: NUTRITION SNIPPET RECOVERY - Introducing the three T's

Caryn Zinn: NZDietitian /
Sports Nutritionist

Recovery from one exercise session is also preparation for the next one. To master your recovery strategy, you need to adhere to the **3 T's: TIMING ... TYPE ... TOTAL**.

1. TIMING

Your next training session deserves all the preparation you can provide, especially after a long hard session. Should your next session be within 24 hours, the timing of your recovery meal will help enhance your recovery.

Practical Tip

Eat and drink within 30 minutes of completing your session (i.e. ASAP).

2. TYPE (of food and fluid)

To provide your body with optimal recovery nutrition, you need to replace ALL of these three key nutrients:

1. Carbohydrate (to replace all the carbs used up by your muscle stores during your run).
2. Protein (to repair any muscle damage incurred during your run)
3. Fluid (to replace fluid lost through sweat and breathing during the run)

Practical Tip

- Choose moderate to high glycaemic index (quick release) carbohydrate sources such as white bread / rolls, rice, bananas, jetplanes, sportsdrink
- Choose low fat protein sources such as low fat flavoured milk or lean meat / chicken or fish .
- Drink plenty fluid with your meal (either water or nutrient-based)

3. TOTAL (amount you consume)

Start with at least 1g carbohydrate for each kilogram of your body weight. Eg. A 60 kg person needs at least 60g carbs. Add a serve of protein. Then add fluid. The amount of fluid you need depends upon how much fluid you lose in the session. In general you should replace at least 750ml fluid after a hard 1 hour run.

Practical Tip

To include all your carbs, protein and fluid in your recovery meal, consume the following combination:

Large smoothie: 1 banana, ¼ cup blueberries, 400ml low fat milk, 100ml yoghurt.

Total nutrients = 70 g carbs + 23g protein. For extra fluid replacement, add more milk or drink extra water.

Hint: Recovery nutrition is not rocket science: It is all about being prepared. My advice is to think '3-Ts' before you even begin your training session. Getting organized NOW will mean you will reap the benefits LATER.