

Tips on nutrition,
recovery methods,
pre and post competition

by Thomas Yaman



Sleep

Sleep is the most critical factor in promoting recovery.

It is recommended that athletes get 8-10 hours of good quality sleep per night.

Athletes that regularly get less than 7 hours of quality sleep per night are at greater risk of under recovery , injury & illness.

The body recharges - repairs and adapts during the deep phases of sleeping

Strategies for better sleep

- Take a warm bath to sooth and relax.#
- Avoid intense exercise late at night.
- Avoid caffeine and alcohol before bed.
- Avoid drinking large volumes of water 2-3 hours prior to sleeping.
- Create a good sleeping environment (Darkness, temperature, bed clothes..)
- Avoid watching t.v in bed, try to read instead.

Nutrition : refueling strategies (Carbohydrates).

- Replenish liver and muscle glycogen stores
- Consume a high GI CHO drink (30-60g) immediately after exercise.
- Consume a high GI meal (0.8-1.2g per kg of bodyweight) within 2 hours, post exercise.
- Athletes should consume 6-8g per kg of bodyweight during periods of hard training / competition.
- The majority of Carbohydrates consumes should be in the form of low GI except immediately prior and post exercise.

Nutrition : refueling strategies (Protein).

- Protein is the nutrient that drives your body to create and repair damaged muscle tissue.
- Protein helps recovery following training sessions and competition by aiding the synthesis of muscle protein, a key process for building muscle.
- 20g to 30g of protein should be consumed immediately post exercise.
- Athletes should consume 1.6g to 2g per kilograms of bodyweight per day.

Nutrition : hydration.

- The purpose of hydration is to restore the fluids and electrolytes lost through sweat.
- Athletes can lose over 5% of bodyweight through sweat loss.
- For every kg lost through sweat, 1 litre of fluid must be replaced.
- Electrolytes should be added to help the cells absorb the water for the stomach and blood stream.
- Inadequate rehydration strategies will inhibit recovery process.

Nutrition : Macros

Training cycle	Carbohydrates	Protein	Fat
Preparatory (no weight loss goal)	4-7g/kg	1-1.7g/kg	0.8-1g/kg
Preparatory (weight loss goal)	3-4g/kg	1.8-2g/kg	0.8g/kg
Competition	7-15 g/kg	1.4-1.6g/kg	0.8g-1.5g/kg
Transition	3-4 g/kg	1.6-2g/kg	0.8g-1g/kg

Other methods of recovery.

Other methods can be used to recover when the three basics are mastered : Nutrition, sleep and hydration.

Ice baths

- Theory suggest that it constricts blood vessels and flushes out waste products such as lactic acid out of the affected tissues, decreases metabolic activity and slows down physiological processes & reduces sweating and tissue breakdown.
- Many athletes advocate the use of ice baths. Does that suggest it works?
- Mixed evidence as to whether ice baths improve or inhibit recovery.
- 8-10 minutes spent in water between 10-15 degrees celcius appears to be optimal.

Massage/myofascial release.

- The majority of research on physiological effects of massage has concluded that massage produces positive effects on recovery (psychological mechanisms). Post exercise massage has been shown to reduce severity of muscle soreness but massage has no effect on muscle functional loss.
- Massage can provide several benefits to the body such as increased blood flow, reduced muscle tension and neurological excitability, and an increased sense of wellbeing.
- Mechanical pressure on the muscle is expected to increase or decrease neural excitability (neurological mechanisms). Changes in parasympathetic activity (heart rate, blood pressure and heart rate variability) and hormonal levels (cortisol levels) following massage result in a relaxation response (physiological mechanisms).
- This evidence is not conclusive regarding these benefits but there is also much anecdotal evidence to advocate its use.

The benefits of cool downs .

- The main aim of the cool down is to promote recovery and return the body to a pre-exercise, or pre-work out level.

Benefits

- Removal of waste products
- Gradual reduction in heart rate (reducing the chance of blood pooling)
- Muscle re-alignment and relaxation.
- Reduction of doms.

Strategies

- 5-10 mins of light aerobic exercise (spinning, jogging, swimming..)
- Gentle stretchin.
- Breathing relaxation techniques.

Post competition Nutrition

- The main aim is to replenish depleted glycogen stores, minimise oxidative damage, minimise protein degradation and to hydrate cells.

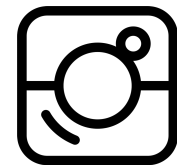
Strategies

- Consume a high GI and protein recovery shake within 30 minutes of competition.
- Replace fluid loss with added electrolytes within 4 hours (pre-postweight)
- Consume an anti-oxidant immediately after competition (Cherry active)
- Consume a large high GI (1.5kg per kilograms of bodyweight) and protein meal within 2 hours of competition.
- Continue to replenish on CHO and protein every 3-4 hours for 24 hours post competition.



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