

## Re-fuelling After Your Workout

If you want to recover well after a work out and be able to sustain a successful ongoing exercise programme it is vital that you have a post-exercise re-fuelling regime. It's as much a part of your programme as the exercise itself. Quite simply they go hand in hand. Without it your ability to exercise consistently may be compromised.

The 2 hour period directly after a hard exercise session is a crucial time for you to refuel your body and maximize the return for your effort. There are a few rules or steps to follow. Incorporate these in to your programme and you'll notice the benefits.

### 1. Hydrate

- Rehydrating with water is the priority straight after your workout. You should replace the fluid lost during exercise. Drink about ½ litre of water for every ½ kilo lost. How do you know how much weight you have lost? Weigh yourself before and after each session.
- If you're too tired or feeling queasy to eat directly after training just concentrate on drinking water.

### 2. Eat

#### Carbohydrates

- It is important to take in carbohydrates within 15 minutes of exercising to help restore glycogen (your body's carbohydrate stores).
- Try to eat 50-100 g of carbohydrate in the first hour following your workout.
- Try to have 100-200 grams of carbohydrates within 2 hours of hard aerobic training to successfully maintain such a programme. If you wait longer than 2 hours there is a higher likelihood of a reduction of glycogen stored in the muscle – up to 50% less. Eating carbohydrates stimulates the release of a hormone called insulin, which in helps store muscle glycogen.

Some examples of carbohydrate amounts in common foods are: banana ~20g, honey sandwich ~50g and a cereal bar ~ 20g.

But carbohydrates alone are NOT enough.