Refuel

30-minute window!

The faster you replace the fuel used by the body = more effective your recovery! (ability of muscle to rebuild will decline by 40% within 60mins!)

Cool-box recommendations

- ✓ 500ml of milk (coolbox) + banana (kept in bag)
- ✓ 500ml home-made smoothie + oatbar/flapjack
- ✓ 500ml chocolate milk + pot of yoghurt
- ✓ 500ml milk + milkshake powder
- ✓ Soy milk as a replacement for intolerance/vegan



Repair

Your muscles are damaged and need to rebuild!

Within 2 hours

Consume a meal containing both carbohydrates + protein

- ✓ Chicken + veg stir-fry with rice/noodles
- ✓ Fish with rice + vegetables
- ✓ Omelette with bread + salad
- ✓ Scrambled egg on toast



Rehydrate

Water helps to transport nutrients + energy around the body!

As little as 1% dehydration can impair cognitive and physical performance

When you get in the pool in the morning…you are already dehydrated!

Aim to drink fluids with every snack + meal as well as throughout the day

