HOW MUCH CARBOHYDRATE IS ENOUGH FOR RECOVERY?

After exercise, you need to consume about 400 calories of carbohydrates preferably (glucose, sucrose, or glucose polymer) within 30 minutes plus an additional 200 calories of carbohydrate within the next two hours. A high concentration energy drink of 20-23 percent (approximately 50 grams of carbohydrate in 8ozs of fluid) is recommended for both carbohydrates and fluids.

It is best to rest after an exercise bout. Mild exercise during this time has been shown to impede the resynthesis of muscle glycogen.

The rate of muscle glycogen synthesis is about 7 percent per hour.

Examples of sports drinks to increase muscle glycogen stores are Gatorlode and Exceed High-Carbohydrate.

Recovery/Post-Event Fuel Replenishing

1. Focus your recovery meal on CARBOHYDRATE-RICH FOODS.
2. Consume 400 calories of carbohydrates within 30 minutes after your hard workout.
3. Keep eating carbohydrate-rich foods for at least 2 days after an endurance event.
4. Rest your muscles, if possible.
5. Consume fruits, vegetables, and juices.
6. Drink enough fluids to quench your thirst - and then drink more. Your urine should be clear.
7. Replace each half-pound of body weight lost with 8 ounces of fluid.

Ingestion of fructose or complex carbohydrates with a low glycemic index results in a much slower rate of resynthesis of vital glycogen stores. Choose foods with a high glycemic index.

Both simple and complex carbohydrates replace muscle glycogen at about the same rate over a 24-hour period.

COMPARE CARBOHYDRATE FOODS

Common Carbohydrate Food	Calories from: Carbohydrate
6.5 fig newtons	400
1.75 sport bars	400
2 bagels	400
4 sport gels (1.4 oz)	400
8.4 slices of whole-wheat bread (each slice 25 g.)	400
4 medium bananas (each 175g)	400
3 cups of cooked oatmeal with one rounded tsp. of sugar and 1 cup low-fat milk	400
6.5 oranges	400
3.5 cups of spaghetti with meat balls and tomato sauce (each cup 250 g.)	400

Remember, it takes 12 to 24 hours to replace fluid losses so drink your water.