Fueling For the Best Training: Post Workout

**During Workout: Hydrate**

For a workout lasting an hour or less, water is perfect to rehydrate. You should be drinking about 16oz of water for each hour of training or exercise.

For a workout or competition lasting longer than an hour, an 8oz electrolyte drink with a simple carbohydrate, like fruit juice, every half hour is recommended. A small snack like banana or raisins is also sufficient. A salty snack, like pretzels, can also help. The idea is to eat or drink something that will replenish the lost electrolytes and carbohydrates.

**Post Workout: Recover**

About ¾ to 2/3 of the meal or snack should be protein and ¼ to 1/3 carbohydrate. The idea is to consume a high protein meal after you workout.

Aim for about 0.5 g/kg body weight of carbohydrates. This doesn’t have to be exact – if you need about 30 g of carbohydrates and the food you choose have 26 g, that is close enough.

Aim for about 10-25 grams of protein. This is going to vary depending on your workout and your training goals.

There is not a specific protein window. What science has agree is that we recommend refueling sooner rather than later after workout. You may have up to two hours, so don’t panic.

Plan for post workout snacks. Maybe keep some peanut butter pretzels in your gym bag just in case. Plan meals as post workout as needed. This is the best time to plan a good breakfast or dinner, whatever meal is after your workout.

Test out different food combinations to see what works best for you and your training. This is going to be different for every person. Continue to rehydrate too.

Almonds and Fruit

Peanut butter Crackers

Chia Seed Pudding

Walnuts and Grapes

Tempeh Stir Fry

Plant Protein Powder

Flax Seeds in Smoothie

Black Bean Burger

**Boost: Tart Cherry Juice**

It is rich in antioxidants and aids in recovery from workouts.

Studies show that it helps to reduce excess inflammation in the body. Studies also show it aids in reducing muscle soreness, which increases training readiness.

Try drinking 8 oz after hard workout day.