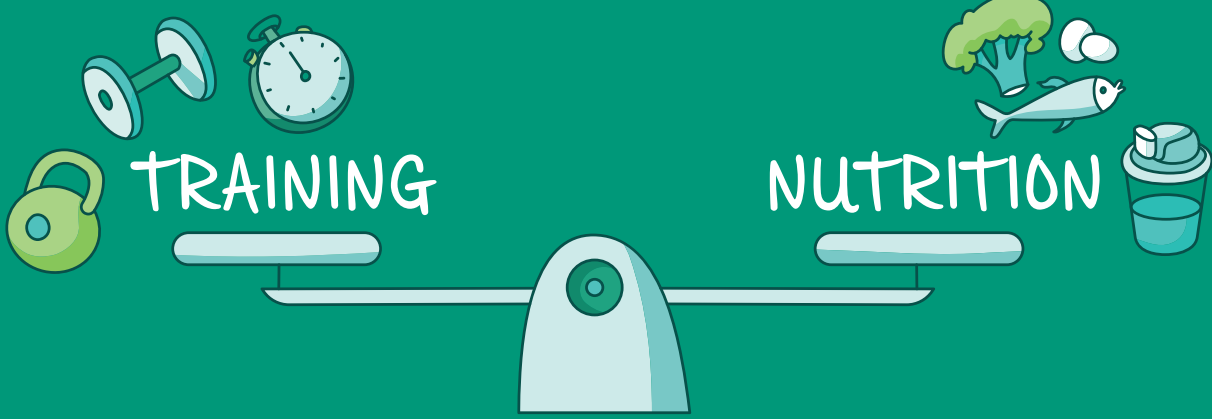




# Re-fuelling



- ▶ Too much exercise (over-training) and not eating enough (low energy availability) are examples of imbalances in nutrition, training & recovery
- ▶ It is common among athletes that do a lot of exercise on a daily basis
- ▶ Sometimes timing is an issue i.e. timing of training sessions conflicting with eating opportunities

**Ask yourself: Does your eating plan match your training plan? Does your eating plan = training plan? If they don't match, this can result in low energy availability and result in RED-S**

## What to have after a training session?

Aim for 20-30 grams of high-quality protein after exercise. Include foods like milk, yogurt, eggs, cheese, fish & lean meats. Follow this up with a meal 3-4 hours later

**How hard was the training session?** A helpful guideline is:

**Duration (minutes) x Rate of perceived exertion (RPE)**

RPE Scale: 1-10 (1= easiest, 10= hardest) e.g. 60 min x 2 = 120 (easy)

**LIGHT (0-300)**  
20g protein + 1/4 of your plate is carbs (5-20g)

**MEDIUM (300-600)**  
20g protein + 1/3 of your plate is carbs (30g)

**HARD (600+)**  
20g protein + half your plate is carbs (60-70g)



## What to do next:

If you can relate to this nutrition, training and recovery imbalance, please speak to your sports physician or sports nutritionist. If you don't have one of these or don't know who to contact, ask your coach.

"I wasn't intentionally under-fuelling, but I was denying myself "unhealthy foods" that would provide me with the calories I needed to fuel my body"

British distance runner

"In my day there's lots of food. Food, food, food, recovery, food, training, food. I have to make sure I'm getting in those 5,500 calories."

Irish World Champion rower and multiple Olympian

"I woke up in the middle of the night really, really hungry and I had a really important race the next day, and it went horribly."

Canadian cross-country skier