

# Schools Triathlon Challenge'16

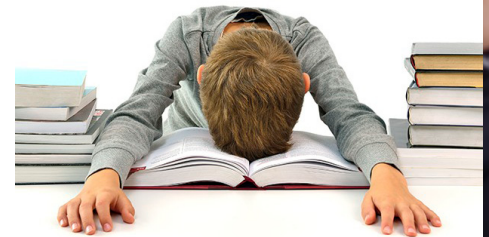


## Rest - Refuel - Recover

**N**ow that the event is over you get to focus on recovery. The faster you recover the quicker you will be able to perform at your best again. This is even more important if you plan to train or compete a couple of days in a row.

If you refuel your body properly it will help prevent:

- fatigue or feeling tired
- reduced performance next time you train or compete
- muscle soreness



If you have a long drive home after your training or event you will need to pack a healthy recovery snack. The sooner you eat the quicker you will be on your way to recovery.

Some people may find it easier to split their recovery foods. Have a small snack after exercise and then follow up with your main meal at meal time.

Choose a variety of foods from the five core food groups after you exercise. These are fruit, vegetables, grains, dairy and meat/ meat alternatives.

If you find it difficult to eat after an event a liquid meal such as a smoothie or soup may go down better. Recovery snacks and fluids checklist:

- ☐ Am I able to drink fluids to rehydrate within 30 minutes after finishing?
- ☐ Am I able to eat foods with carbohydrates and proteins within 30-60 minutes after finishing?
- ☐ Is the food quick and easy to prepare and eat?
- ☐ Does the meal or snack include foods from 'everyday' core food groups?
- ☐ Can I pack and take the food and drink with me if I have a long drive home or still at school?

You may find that the day after you exercise that you are extra hungry. This is completely normal. Your body is trying to refuel and repair.

Being prepared with meal and snack ideas for the following day and night will help you make good choices.

Make sure you keep drinking plenty of fluid well after the event. Don't go to bed dehydrated. Get a good night's sleep to allow the tired muscle to recover and repair!



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## Rest - Refuel - Recover

Recovery snack ideas for the long drive home or at school (remember to keep it cold if it is being stored in your sports bag):

- A dairy based drinks such as plain milk. Pair these with a side of fruit. Smoothies are a great way to mix fruit and dairy such as milk and yoghurt together.
- Banana bread or muffin
- Apple slices dipped in peanut butter
- A slice of fruit bread and a tub of yoghurt
- Homemade or packaged muesli bars
- Small bag of pretzels and a glass of milk
- Peanut butter and banana sandwich

Easy to prepare ideas at home:

- Baked bean jaffle
- Soup with toasted cheese sandwich
- High fibre breakfast cereal topped with milk or yoghurt
- Chicken and pasta salad
- Vegemite and cream cheese spread over crackers. Or try hummus on crackers for a higher fibre snack

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On the run takeaway options:

- Sushi hand rolls
- Salad sandwich or roll. Remember to include some slices of your favourite meat, such as ham, chicken or tuna to help your muscles repair.
- Small fruit smoothie made with yoghurt
- Bowl of thick vegetable and lentil soup



Meal ideas:

- Beef lasagne- Pack the layers with tomatoes, mushroom and grated carrots for extra vegetables in the day! Lasagne is great to freeze making it an easy meal to grab on demand.
- The classic meat and three veg meal- Trim the meat of any fat and grill, BBQ, roast, poach or pan fry. Combine this with your favourite vegetables and sweet potato mash.
- Chicken fried rice-cook rice and mix with a shredded BBQ chicken. Toss through a bag of frozen vegetable mix and top with some soy sauce
- Homemade burgers- make or purchase burger patties and squash between a wholegrain burger bun with lettuce, tomato, beetroot, onion, carrot, gherkins and melted slice of cheese

