



# SWIMBIKERUN

## Top 10 Post Triathlon Nutrition Tips

1. If you refuel your body properly it will help prevent: Feeling tired. Poorer performance the next time you train or compete. Muscle soreness.
2. Straight after your event, rest and have a large drink. Suitable fluids for recovery include water, plain and milk or soup to provide fluid with electrolytes, carbohydrate and protein.
3. Within 30-60 minutes after the event, have a carbohydrate-rich snack which includes a little protein such as a sandwich, sushi rolls or dry biscuits with tuna. This will help you to refuel quickly.
4. If you find it difficult to eat after an event, a liquid meal such as a smoothie or soup may go down better.
5. If you have a long drive home after your training or event, pack a healthy recovery snack. The sooner you eat, the quicker you will help your body recover.
6. In the hours after your event, choose a variety of foods from the five core food groups after you exercise. This means choosing a little from each of the following food groups: fruit, vegetables, grains, dairy and meat/meat alternatives.
7. Have a pre-cooked casserole or easy pasta dish at home ready to eat, such as spaghetti bolognese, chicken risotto, stir-fry noodles or roast vegetables. Compared with eating out, a home-cooked meal will save the family time, money and improve the nutritional value of the meal.
8. Get a good night's sleep to allow tired muscles to recover and repair!
9. 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
10. Make sure you keep drinking plenty of fluid well after the event. Don't go to bed dehydrated.

