

LEPPIN TRAINING TIP No. 3

RECOVERY - THE ONE HOUR WINDOW OF OPPORTUNITY!

In terms of “recovery” eating correctly after a training session is the most important factor. If you do it right, you’ll recover faster and harness the training gains much more effectively. It cannot be emphasised enough how important it is to follow the correct procedure for its effects on your improvement

Not eating after training is like driving your car and never refilling the tank eventually after a few days it will run out of gas and not want to go anywhere!

Immediately after training start replacing lost electrolytes and carbohydrates. Aim to complete this within 1 hour of training. You must have had at least 1-2g of carbohydrate per 1kg of bodyweight. On top of this within the first 60 mins after exercise you need about $\frac{1}{4}$ to $\frac{1}{2}$ g of protein per 1kg of bodyweight. The carbohydrates help refuel the muscles and the protein help the muscles repair as ANY training damages the muscle! No protein no recovery! No recovery no more training!

These are the minimum requirements. On longer training sessions or long races a longer recovery and refuel plan is required. However if you FOLLOW THIS IS AFTER EVERY TRAINING SESSION you will reap the benefits of quicker recovery and consequently greater results! Leppin **RECOVERY FORMULA** is an ideal product for providing both carbohydrates and protein.

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