# Nutrition & Recovery

GAELIC GAMES PLAYER PATHWAY

## For Players at F3, T1-T4 & E1 Stages of the Gaelic Games Player Pathway

Effective recovery from an intense exercise session is essential for boosting your body's adaptation to training. Recovering well helps you to perform at your best in the next training session or match. Nutrition plays a vital role – both what and when you eat matter. Poor recovery can lead to fatigue, muscle soreness, and reduced performance. Focus on the 3 R's of recovery: Rehydrate, Refuel, and Repair.

**The Focus Of A Nutrition Recovery Strategy Is To:**

- Rehydrate lost fluids from sweat.
- Refuel muscle energy stores with carbohydrates.
- Repair damaged tissue by supplying protein and antioxidants from colourful fruit/veg and healthy fats.
- Optimise muscle adaptations through protein intake.
- Help prepare the body for subsequent training/match.

| | TIME | WHAT | EXAMPLES |
|---|---|---|---|
| PHASE 1 | Immediately, within 1 h of exercise (especially if training again within 24 h). | **Carbs:** 0.5-1 g/kg<br>**Protein:** 0.3 g/kg<br>**Fluids:** 1.5× sweat loss. | **Moderate carb:** 500 mL milk, 200 g protein yoghurt, banana and honey.<br><br>**High carb:** 500 mL chocolate milk, 200 g Greek yoghurt & granola, chicken sandwich. |
| PHASE 2 | 2-3 h after exercise (sooner if no immediate recovery snack). | Focus on fuel and repair foods within a balanced meal framework. | Spaghetti bolognese, salmon with stir-fry veg and noodles, chicken fajitas, chilli con carne with rice. |
| PHASE 3 | Recovery day | Full recovery may take 24-48 h depending on exercise intensity, so consume balanced meals on recovery days. | |

All information is for guidance purposes only. For specific advice, please contact a suitably qualified professional.

**For further information on how to manage hydration and nutrition changes whilst playing sport, visit the relevant stage of the Gaelic Games Player Pathway:**
https:// ladiesgaelic.ie/lgfa-hub/players/player-pathway/ or
https://camogie.ie/player-information/player-welfare

THE CAMOGIE ASSOCIATION

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