



# Balancing Training, Nutrition and Recovery!

Do you prioritise your nutrition on rest/recovery days?

3 hour hike, is this wise on your recovery day?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8AM	Easy Run 20 mins	Easy Run 25 mins		Easy Run 30 mins	Easy Run 20 mins		
9AM		Core & Flexibility		Core & Flexibility		Mobility	3 hour hike
10AM			College		College	Run; Intervals 50min Hard	
11AM				Psychology			
12PM	College	College	Meeting friend for lunch				
1PM				College	Gym 60 min	Yoga	
2PM			Run; 25mins Recovery light				
3PM	Gym 60 mins		Gym 60 mins		Performance Review		
4PM			Physio		Run; 45 mins Tempo		
5PM	Mobility						
6PM	Run; 60 mins Moderate	Mobility				Movie Night	
7PM		Run; Intervals 50 mins Hard					
8PM							
9PM							
10PM	Bed	Bed	Bed	Bed	Bed	Bed	Bed

Smaller recovery window means nutrition and rest should be of high importance

Make sure to refuel and stay off your feet as much as possible when out with friends to support recovery

## Recovery Nutrition Checklist

- ✓ Adequate protein at each meal (20-30g)
- ✓ Food timing - avoid long periods of fasting! Eat every 3-4 hours
- ✓ Prepare for ALL training sessions i.e. bring recovery foods such as dairy-based products for bone health
- ✓ Proceed with caution when you see words like "heal, detox, cleanse" on food items or supplements that "promises quick results". Seek advice from your sports medicine team!

" My improvements are down to the new training programme and eating more food. Eat more and you'll have more energy to train"

Irish World Champion rower and multiple Olympian

