



BRITISH ROWING

# Recovery

## Questions and Answer Sheet

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## Questions Unanswered on Webinar

Do the same principles of recovery apply to juniors or is there any difference particularly the carb and protein?

The same principles of trying to achieve the 4 Rs (refuel, repair, rehydrate, rest) apply to athletes of any age (including juniors). With regards to nutritional requirements the recommendations for carbohydrate and protein ingestion are thought to be the same for juniors as they are given relative to body mass.

Rowing seems to push milk as a recovery drink quite a bit. There are reports from Osteopaths that milk can put more stress on a junior's body. What is your view on this?

I would be interested to read these reports as this is not something I have personally come across before. Milk is one option for a recovery drink and I know several of our athletes do like to drink milk as part of their recovery, as it provides a source of carbohydrates, protein and rehydrates all in one. Additionally, milk provides a good source of calcium to maintain bone health and in children/juniors promote strong bone growth and development. However, there are many other drinks/foods that can be consumed to meet the carbohydrate, protein and hydration needs, as demonstrated by some of the other examples in the webinar.

Can you talk about the impact of a few beers in the evening?

This question I think ultimately comes down to a lifestyle choice, how much you are drinking and what level you are performing at. Alcohol consumption can impair recovery and rehydration as well as negatively impact sleep which are not conducive to good performance. Alcoholic drinks also tend to be quite calorific, therefore having a few drinks each evening could lead to unwanted weight gain.

What do you recommend for the length of 'end of season' rest periods?

This is another 'it depends' answer. It will depend on what level of athletes you are working with and what your goals are therefore there is no magic number here. As an example, our senior athletes at Caversham would typically have about 3 weeks away from structured training between seasons but then this break would be longer post-Olympics. Additionally, the amount of training you do in this 'time off' will impact how long you can be 'off' for with some athletes choosing to do more than others. In deciding how long the end of season rest period should be it is important to consider the effects of detraining. I have provided a link below to an article written by one of

my fellow Sport Scientists, Sarah, that provides some more information around detraining and rest between seasons.

<https://www.britishrowing.org/2018/08/going-on-holiday-heres-how-to-minimise-your-fitness-loss/>

Is there a minimal amount to take in in carbs if you are also trying to lose weight?

Weight loss occurs when you create a calorie deficit by expending more energy (from activity/exercise) than you consume (from food/drink). To create a calorie deficit you do not have to exclude a specific food group from your diet. Carbohydrates not only provide energy to fuel exercise, but they are also needed to support your immune system. Therefore, excluding carbohydrates from your diet could lead to reoccurring illness, injury and being unable to complete training sessions at the planned intensity. When trying to lose weight focus on having a high protein diet, to maintain muscle mass, and fuel for the work required by having a meal/snack containing carbohydrate both before and after the session. The remainder of your meals and snacks throughout the day should be high in protein and contain plenty of fruit and vegetables.

Is there ever a risk of consuming too much electrolyte?

Electrolytes (e.g. sodium, potassium) during recovery can be important to replace those lost during exercise and to aid hydration. If levels of certain electrolytes are too high they will be filtered from the body by the kidneys. That said, excessive amount of electrolytes could lead to negative effects therefore you should consume electrolytes in line with the recommended daily amounts.

## Questions Answered on Webinar

Is taking in more than the recommended post-exercise quantities of carbs and protein beneficial, or would the body simply excrete the excess?

What are the signs that you are not recovering between training sessions and when do you know it is becoming a problem you should address?

Why are electrolytes so important compared to just drinking water?

For weekend warriors or possibly even elite athletes, is intermittent fasting ever a good nutrition strategy?

If you want to hear a bit more about this then the following podcast may be of interest. [Institute of Performance Nutrition, 'We Do Science' Podcast Episode 142 – “Intermittent Dieting: Considerations for the Athlete” with Jackson Peos PhD\(c\)](#)

Are there things you can consume PRIOR to sessions that will help with recovery?