

Recovery in the First Hour — Print Handout

A print-ready handout on the 30-minute recovery window with specific food recommendations and common mistakes athletes make.

ACCESS

Free resource

AUDIENCE

athlete

READ TIME

3 min

AUDIENCE

Athlete

WHY THIS MATTERS

✦ This is a print-ready visual handout.



Recovery in the First Hour — Print Handout

QUICK START

Start here

A print-ready handout on the 30-minute recovery window with specific food recommendations and common mistakes athletes make.

RIGHT AWAY

Start with something easy to finish

- Chocolate milk, yogurt and granola, or a smoothie are reliable first options.
- Liquid or semi-solid foods help when appetite is low after hard work.

IF A MEAL IS DELAYED

Use the snack to bridge to dinner

- A recovery snack is not the whole evening meal. It buys time until the next one.
- Sandwiches, PBJ with milk, or oats plus protein all work well.

HYDRATION

Recovery includes fluids, not just food

- Keep sipping through the hour after training until urine is back toward pale yellow.
- Electrolytes help more when sweat losses were high or the session was long.

Do This Now

- Eat within 30 minutes of finishing your run
- Hit 30g carbs + 15–20g protein (chocolate milk = perfect)
- Drink 24 oz fluid for every pound lost during the run

Timing

**BEFORE PRACTICE

**** Pack your recovery snack in your bag**

**RIGHT AFTER

**** Don't wait for the drive home**

**WITHIN 2 HOURS

**** Full meal**

Common Mistakes

— Luke Rodriguez, MS, RDN

Waiting until dinner to eat after a 4pm practice

Only drinking water (you need carbs + protein too)

Thinking "I didn't run hard enough" to need recovery food (you did)

QUICK REFERENCE

Key targets to keep in view

Use these as planning anchors when you turn the manual into weekly actions.

0-30 MIN

start the refill early

Treat this as a decision anchor, not a trivia stat.

CARB + PROTEIN

best recovery pairing

Treat this as a decision anchor, not a trivia stat.

FLUIDS

replace what was lost

Treat this as a decision anchor, not a trivia stat.

COACH TAKEAWAYS

Use this with athletes

These are the cues worth repeating before the week gets busy.

Fast options: Chocolate milk.

Smoothie, yogurt, or PBJ plus milk.

Stronger sessions: More carbs after long runs or double sessions.

Add a full meal as soon as practical.

Red flags: No hunger all evening.

Repeated soreness or dead legs next day.

COACHING EMPHASIS

What to reinforce with athletes this week

The first hour is the easiest place to improve recovery without changing the whole diet.

- Chocolate milk, yogurt and granola, or a smoothie are reliable first options.
- A recovery snack is not the whole evening meal. It buys time until the next one.

- Keep sipping through the hour after training until urine is back toward pale yellow.
- The first hour is the easiest place to improve recovery without changing the whole diet.

TAKEAWAY

Coach bottom line

The first hour is the easiest place to improve recovery without changing the whole diet.

- Make recovery visible by checking what athletes eat before they leave the track or locker room.

COACH CUES

Field reference

Use these short cues when you need to turn the manual into a quick conversation or decision.

PRIMARY FOCUS

Printable Handouts

A print-ready handout on the 30-minute recovery window with specific food recommendations and...

THIS WEEK'S CUE

Make recovery visible by checking what athletes eat before they leave the track or locker room.

Use this sentence in the next team conversation.

KEY THEMES

handout • printable • pdf • recovery nutrition

These are the anchors to reinforce, not the entire lecture.

BEST FOLLOW-UP

Open the handout with your team

Use the printable handout to keep the message simple.

WHAT TO DO NEXT

Use it this week

Make recovery visible by checking what athletes eat before they leave the track or locker room.

BOTTOM LINE

The first hour is the easiest place to improve recovery without changing the whole diet.

Source topics: [handout](#) • [printable](#) • [pdf](#) • [recovery nutrition](#) • [post workout](#) • [chocolate milk recovery](#)