

**Concepts of Endurance Sports**  
**Nutritional Recovery**  
**Health & Healing through Movement, LLC**  
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After exercise tissues have been damaged from free radicals as a result of oxidation and glycogen stores depleted. It is now well established<sup>1</sup> that the first 30 to 60 minutes after exercise is the optimum time for glycogen replacement and consuming of antioxidants to arrest tissue damage.

A very good low cost and nutritional recovery drink is:

2 cups skim milk  
1 large banana  
1 packet of Carnation Instant Breakfast

Mix well in a blender.

Enjoy as you get electrolytes, antioxidants, trace minerals, protein, carbohydrates and fluids. Follow your “smoothie” with a water chaser. The very best fluid replacement is WATER.

Use this recipe to recover and be prepared for tomorrows training.

1. Exercise and Fluid Replacement; American College of Sports Medicine Position Stand. Medicine and Science in Sports & Exercise 39: 377-390, 2007.