

## Homemade Sports Drink

*To drink before and/or during intense exercise*

- 500mls of water
  - a pinch (0.5g) of Rock/Sea Salt
  - 35g (approx. 3 tbsp) of Sugar (Glucose powder or table sugar)
  - A flavour cordial you like – to taste
- OR
- 300mls Water
  - a pinch (0.5g) of Rock/Sea Salt
  - 20g (approx. 2 tbsp) of Sugar/ Glucose Powder
  - 200mls of Fruit Juice



## Rehydration & Recovery Drink

- 500mls of Chocolate Milk (4.3g Protein/100g)
- = 21.5g Protein (54g Carbohydrate)



## Tailored Recovery Drink

*Full recovery after exhaustive training/ match*

- 1 pint (568ml) Whole Milk
- 10-15g (1 heaped tbsp) of Milk Powder
- 10g (1tbsp) milkshake powder for every 10kg of body weight



## Recovery Smoothie

*Recovery for those who get particularly sore muscles in the days after exercise*

- 300mls (~ 0.5 pint) of Whole Milk
- 45g (~3 heaped tbsp) of Milk Powder
- 200mls of dark Fruit Juice
  - > ideally Cherry, Pomegranate, etc.
- 200g Mixed Berries (can be frozen)

