



PROSPECT GIRLS CROSS COUNTRY

Recovery Packs/Snacks

Meet Day Signup Sheet



Recovery is an essential part of our training and the optimal time for recovery after a workout or race is the first 30 minutes. The 30-60 minutes is okay but not as good as this first 30min because the body begins to repair itself once it has cooled down. Therefore our goal is to provide our athletes with fluids, carbohydrates, and protein within 30 minutes on meet and workout days. This season I am asking parents to volunteer to bring recovery packs/snacks for all meets using the signup below.

Snacks/Recovery food should have a total of 15g of protein and 60g of carbohydrates and should be packaged for easy disbursement. You may buy individually packaged snacks, zip-lock baggies, or even a lunch bag to organize the recovery packs. There should be enough to feed 30-40 girls (I will update this once we have our numbers). The program plans to keep all leftovers and they will be used as recovery foods after practice days for the girls.

Below are a list of some common snacks and their nutritional value but just because an item is not listed that it is not a good recovery snack and likewise for the items listed.

Item	Carbs (g)	Protein (g)	Fats (g)
Chocolate milk (1 cup) We will provide cups!	30	9	9
Chocolate Skim milk (1 cup)	30	9	0
Gatorade (12oz) uuy	20	0	0
Gatorade G2 Series (12oz)	7	0	0
Gatorade Recover (16oz)	41	16	0
Peanut butter and jelly sandwich (1/2 sandwich)	30	6	9
Peanut butter crackers (1 package)	25	4	9
Cliff bar	40	11	6
Granola bar (1)	20	3	5
Trail mix	28	5	15
Fig Newtons (2)	40	2	4
Fruit Snacks (1 package)	25	1	0
Fruit (1 med. Size)	25	1	0
Veggies (1 cup)	5	2	1

Please no bottled water.