

# Nutritional Interventions to Expedite Recovery in Team Sports: Evidence to Practice

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Nutrition | Elite | Technical Note

## Headline

**G**iven the frequency and close proximity of competitive fixtures within many team sports at present the need for practitioners to fully understand, and be able to implement efficacious recovery strategies has never been greater. The following technical note aims to elucidate some of the latest research within the area of nutrition and recovery, particularly as it relates to the rapid restoration of energy stores and performance parameters to support recovery with limited time between competition. Here we also reflect on personal experiences during such situations within the English Premier League, World Cup Qualifiers, the NRL and NCAA Division 1 sports, discussing the potential challenges faced by practitioners and suggestions on how best to overcome them. Alongside the technical note there will be a free to download Excel spreadsheet that provides some practical advice to support the efficient application of each of the recommendations.

## Resources

Video & Spreadsheet available on SportPerfSci.com  
 Gatorade Sport Science Institute – Fluid Loss Calculator:  
<https://data.gssiweb.com/fluidLoss/calculator>

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