

Player Nutrition

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Recovery



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**Protein**



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# Why is Recovery Important?

Proteins have many different roles in the body, as young athletes, you require them for **growth and development**, as well as **muscle growth and repair**.



If you can maximise your recovery, you stimulate new muscle fibres to grow and repair the damaged fibres. **Effective recovery will ensure you can perform at your best in future training sessions and matches!**



# How much protein and when?

Protein requirements can depend on body size and training load, however, general guidelines are provided below:

4 kcal per gram

20-30g  
per meal



10-15g  
per snack



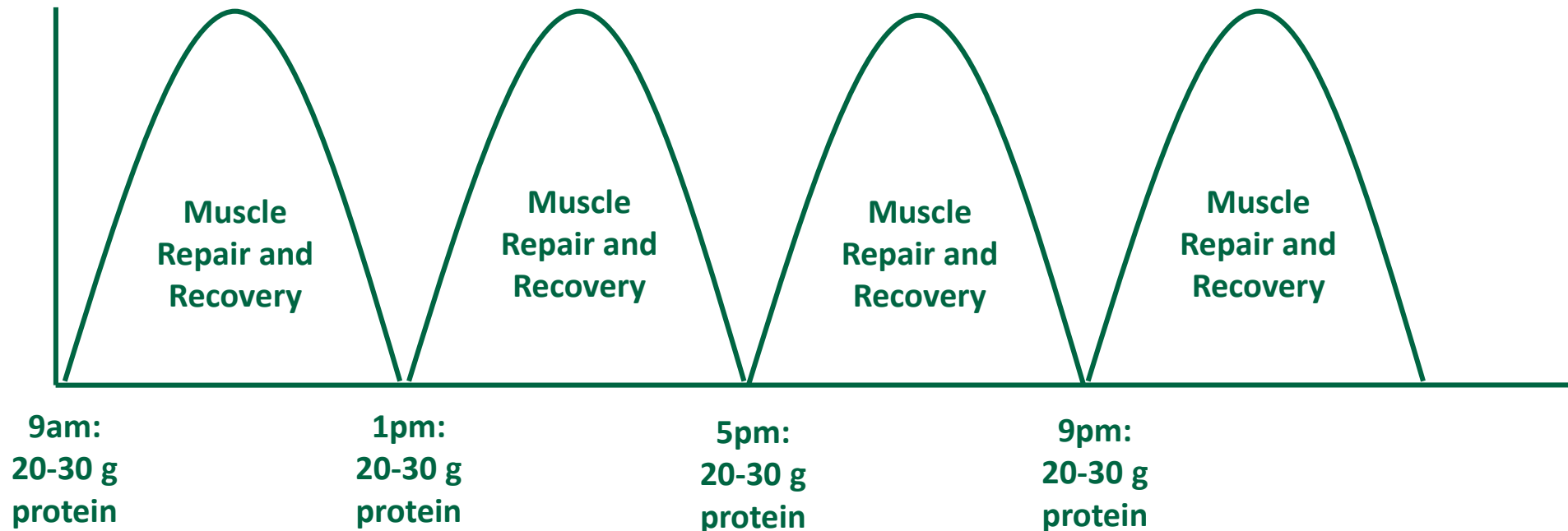
20-30g  
after exercise



# Maximal protein synthesis

Eating a **high protein breakfast and high protein snacks** between meals (including before bed) maximises the time spent in the “recovery phase”

In this example, around 16 hours of the day are spent in this phase



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# Risks of not recovering properly

- Increased risk of injury and illness
- Not being able to perform maximally during training or matches
- Negative impact on hormones
- Decreased physical and cognitive performance



# Protein

Sources



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# Protein sources

## Animal

- Meat
- Fish
- Poultry (Chicken)
- Milk
- Cheese
- Yoghurt
- Eggs



## Plant

- Nuts
- Seeds
- Beans
- Peas
- Lentils
- Vegetables (broccoli, potatoes)
- Meat alternatives (Quorn, tofu)



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# Protein sources

**NOT ALL PROTEINS ARE CREATED EQUAL!**

Chicken (animal source):

31g of protein per 100g of chicken



Kidney beans (plant source):

7g of protein per 100g of kidney beans



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# Protein



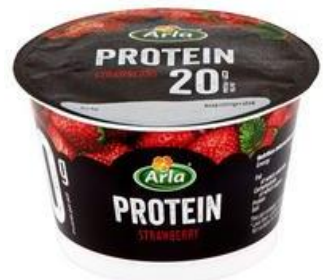
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# High Protein Snacks

Eat 1-2 high protein snacks between meals every day, even on light training days and rest days

Aim for **10-15 g of protein per snack**

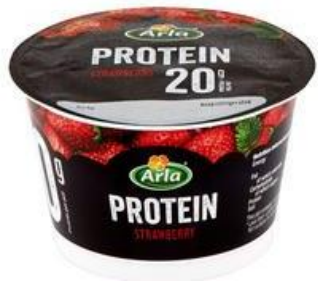
**Between meals**  
**10-15g**



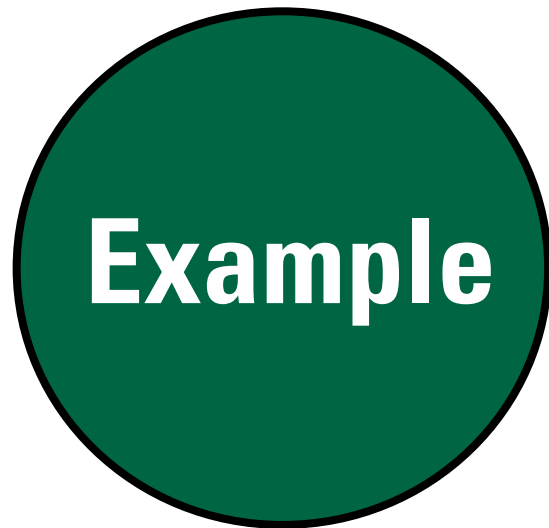
# Rest Day Snacks

You should still eat 1-2 snacks even on rest days **BUT** your carbohydrate intake won't need to be as high, so focus on high protein and nutrient dense snacks.

**Nutrient Dense**  
**1- 2 snacks**



# Training Day Nutrition





# What might a typical training day look like?

This example focusses on **carbohydrate**

(You will need to pair each of these meals / snacks with a protein source)

**Heavy days**



**3 meals**  
**2 – 3 snacks (depending on training load)**

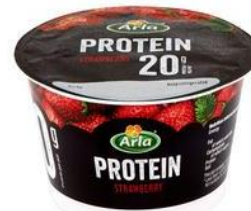


# What might a recovery day look like?

This example focusses on **protein** and **nutrient dense** snacks

Rest & recovery days

3 meals  
1-2 snacks



# After training

Your first meal after training should focus on recovery

**Make sure your meal hits the 3 R's...**

**Refuel**

**Carbohydrate**

**Repair**

**Protein**

**Rehydrate**

**Fluids**

Aim to eat this meal within **60-90 minutes** of finishing training





# After training meal examples

## Refuel and repair

### Example meals for after training:

- Peanut butter and jam sandwich on white bread
- Chicken / tuna pasta
- Greek yoghurt, honey and fruit
- Protein yoghurt and fruit
- Tuna / chicken sandwich
- Wholemeal tortilla wraps / pitta bread with chicken & light mayo
- Chilli con carne with rice / spaghetti Bolognese
- Baked potato with beans and cheese / tuna mayo

### Top tip:

Use the above examples as a guide, but you can mix and match ingredients to suit your individual preference / diet requirements



# After training...

## Rehydrate

### Example drinks:

- Nesquik milkshake (or plain milk)
- Hydration Tab
- Homemade squash
- Fruit smoothie with Greek yoghurt
- Protein shake with added fruit

### Top tip:

**Milk** is excellent for recovery as it provides much needed energy, carbohydrate, protein and electrolytes (sodium & potassium), which are lost during exercise!



**Rest and**  
**Recovery**

**Sleep**



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# Sleep...

Our bodies **repair** themselves when we sleep

If we do not get enough sleep, we do not get enough recovery, meaning you may not be getting as much out of your training as you could

**8-9** hours of sleep

**Cycles 90 minutes**



# Sleep tips...

- **Don't use your phone before bed**, as the artificial light stimulates your hormones, which tells your body it should be awake.
- Reducing **screen brightness and using sleep mode** to stop notifications can help.
- **A hot bath or shower** before going to bed increases your skin temperature, which can help you relax and feel more tired.
- **Don't drink caffeinated drinks (tea, coffee, fizzy drinks, etc.) after 2pm.** Swap these for either non-caffeinated drinks (decaf) or plain water/squash.
- **Have a regular sleep pattern.** This helps your body to adapt to a set schedule and will help you sleep consistently.

