



# Post Workout Recovery



Recovery is a significant—and often overlooked—part of any exercise routine. While exercise itself challenges the body, strength training and intense movement can create small tears in muscle fibers. It is during the post-workout recovery phase that the body repairs these damaged fibers, rebuilding them stronger and more resilient to perform better the next time. Optimizing recovery is essential for improving performance, preventing injury, and supporting long-term health.

Protein plays a critical role in rebuilding muscles, as it provides the building blocks needed to repair damaged muscle fibers. Research suggests that consuming approximately 1.6 grams of protein per kilogram of body weight per day can help maximize muscle growth. Some individuals also find that including protein before or after a workout helps support faster recovery. Carbohydrates are equally important. Muscles store carbohydrates as glycogen, which is a primary energy source. Consuming carbohydrates along with protein after a workout helps replenish

glycogen stores and supports muscle repair and future performance. A balanced, nutrient-dense diet supports recovery by preventing deficiencies that may slow healing. To emphasize muscle repair and activation, focus on avoiding ultra-processed foods, choose healthy proteins, and including heart-healthy fats like olive oil, avocados, nuts, and seeds

Hydration is a vital part of post-workout recovery. When the body is dehydrated, muscles are unable to repair themselves effectively. A common recommendation is to drink about 1.5 liters of fluid for every kilogram of body weight lost during exercise, which equals roughly three cups of fluid per pound lost. Ideally, hydration should begin before your workout ends, as the body functions best when fluid levels are already being restored. Many people begin increasing hydration about an hour before exercise and continue rehydrating toward the end of their workout and afterward.

Sleep is one of the most powerful tools for post-workout recovery. It gives your muscles the time they need to repair and rebuild, and individuals who exercise intensely often require more sleep than average. Research shows that sleep deprivation can impair muscle recovery by disrupting the body's inflammatory response and reducing the production of hormones that support muscle growth. During deep sleep, the body releases growth hormone, which plays a key role in repairing tissues damaged during exercise. Adequate sleep not only improves recovery but also boosts energy, focus, and performance for future workouts—making it an essential part of any effective fitness routine.

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**Sources:** Daniel Yetman: *14 Tips to Maximize Muscle Recovery*. Healthline (2024)

<https://www.healthline.com/health/muscle-recovery>

Sundance Spas: *Best Ways To Help Your Body Recover Post-Workout*

<https://www.sundancespash.com/ways-to-help-your-body-recover-post-workout/>