

## Post-Workout Nutrition Requirements

For adequate replenishing of your muscles, an athlete should consume the following after each hard workout within 30 minutes and every 2 hours for 4-6 hours.

<u>Weight (lbs)</u>	<u>Weight (kg)</u>	<u>Carbs (grams) recommended post workout</u>	<u>Protein (grams) post workout</u>
115.0	52.16	78	20
120.0	54.43	82	20
125.0	56.70	85	21
130.0	58.97	88	22
135.0	61.23	92	23
140.0	63.50	95	24
145.0	65.77	99	25
150.0	68.04	102	26
155.0	70.31	105	26
160.0	72.57	109	27
165.0	74.84	112	28
170.0	77.11	116	29
175.0	79.38	119	30
180.0	81.65	122	31
185.0	83.91	126	31
190.0	86.18	129	32
195.0	88.45	133	33
200.0	90.72	136	34
205.0	92.99	139	35
210.0	95.25	143	36
215.0	97.52	146	37
220.0	99.79	150	37