

● ● ● ● ●
@PEAKFUELLING

RECOVER LIKE

A

PREMIER LEAGUE

PLAYER

MOST PLAYERS ARE STILL DEPLETED 48 HOURS AFTER A
MATCH. THIS IS THE SYSTEM THAT FIXES IT.

BY LIAM CARROLL – MSC SPORTS NUTRITION – SENR REGISTERED

PEAKFUELLING.COM



0% OF PLAYERS HIT THEIR TARGETS

In research conducted across EFL League 1 to the National League,
not a single player hit their macronutrient targets across the
72-hour matchday window.

Not matchday minus one. Not matchday. Not matchday plus
one.

Not one player. Not once.

This is not a talent problem.

This is a nutrition problem.

And it is completely fixable.





THE FINAL WHISTLE IS WHEN IT STARTS.

Elite recovery is a system to reverse depletion and inflammation.

The Body Post-Whistle Status:

Muscle glycogen is 50 to 90% depleted. Muscles are primed for repair, but immune function is suppressed and inflammation peaks within 24 hours.

The Strategy

Systematic Repair: Use professional protocols with basic ingredients to prevent under-recovery. Speed up the turnaround between matches by refuelling immediately.

The Goal

Consistency: Apply pro-level science to your post-match routine to minimise downtime and maximise performance.



THREE THINGS THAT ACTUALLY MOVE THE NEEDLE

Tart Cherry Juice

Usage: 240ml during heavy training or tournaments.

Benefit: Reduces muscle soreness and inflammatory markers. A simple, proven tool for high-intensity periods.

Creatine Monohydrate

Usage: 3 to 5g daily.

Benefit: The most researched supplement for football. It speeds up recovery between sprints and high-intensity sessions by aiding phosphocreatine resynthesis.

Sleep: The Priority

Usage: 7 to 9 hours nightly.

Benefit: Growth hormone, muscle repair, and glycogen storage peak during deep sleep. No diet can compensate for a lack of rest; it is the ultimate recovery tool.





THE REFUEL

Target: 1.0 to 1.2g CHO per kg per hour for four hours. A 75kg player needs 75 to 90g (e.g. large bowl of rice or chocolate milk and a banana). Glycogen restores three times faster if eaten immediately.

REPAIR

Target: 20 to 40g of protein (chicken, eggs, whey, or soy/tofu) within two hours to fix muscle damage. Doses over 40g provide no extra benefit.

REHYDRATE:

Target: Drink 1.5 times the fluid lost. Include sodium to restore hydration; plain water alone dilutes plasma and is less effective..

**THREE
TARGETS
ONE WINDOW**

THE RECOVERY TIMELINE

Post-match nutrition transitions from immediate liquid intake to a solid recovery meal.

0 to 30 Minutes: The Immediate Window

Target: 20 to 30g protein + 60 to 80g CHO.

Best Option: 500ml chocolate milk. It offers the ideal 1:3 ratio, both fast and slow-release proteins, and essential sodium. Appetite may be suppressed, but refuelling now is the highest priority.

1 to 2 Hours: Full Recovery Meal

Target: 1.0 to 1.2g CHO per kg + 30 to 40g protein.

Meal Ideas: Chicken and rice, pasta with mince, or salmon and sweet potato. Moderate fat is acceptable in this window.

Before Bed: Overnight Repair

Target: 30 to 40g casein protein (e.g. 300g Greek yoghurt or cottage cheese).

Context: Only critical if training again within 12 to 16 hours to extend muscle repair through the night.





Your body weight. Your training schedule.
Your match frequency. Your gut tolerance.

A personalised recovery plan takes one conversation.

Book a free 15-minute nutrition audit.

No pitch. No obligation.

Three things you can fix this week, whether you sign up or not.

CLICK HERE TO GET YOUR
FREE 3-STEP
NUTRITIONAL AUDIT

THIS IS THE
PROTOCOL.
YOUR NUMBERS
ARE DIFFERENT.



And I've built a guide for that too. Head over to peakfuelling.com to have a look at our other resources.

We have resources to help:

Matchday Fuelling

Recovery

Hydration

and to see where your performance is being held back.

CLICK FOR MORE
RESOURCES.

**WHAT HAPPENS
BEFORE THE FINAL
WHISTLE
MATTERS AS MUCH AS AFTER**