



20. Replenish Your Muscles' Glycogen Stores

By David Mazor
Massachusetts State Director

You have worked out. In fact, you have worked out hard. Did you know that you have depleted your muscles' glycogen stores? What are they you ask?

Glycogen is the fuel that powers your muscles. When you eat carbohydrates, it is stored in your liver and muscles as glycogen, however, the amount stored in your muscles is less than 400 grams.

Now, here is something worth noting. According to studies, the most efficient time to rebuild your muscles' glycogen supply is Immediately following your workout and continuing until about two hours after your workout. After two hours, your body replenishes its glycogen much more slowly.

Many athletes finish their workout, have some water and don't eat until much later. What they really should be going is getting carbohydrates from any of the Bread/Starch, Fruit, or Milk groups as soon as possible.

So, make a post-workout refueling stop part of your routine. Your muscles will thank you for it.