

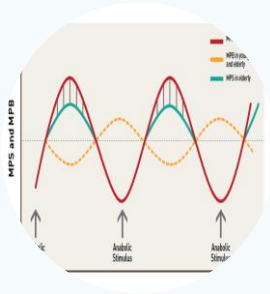
NUTRITION FOR MASTERS ATHLETES



Ageing results in decreases in muscle mass and strength after age 40, which accelerates from 55 – 60 years. There are decreases in motor unit quantity and size, particularly type II muscle fibre, altering velocity and power.



Recovery from exercise appears slower in Masters athletes – both perceptually and physiologically. The degree of muscle damage is the same as younger athletes, but masters have an impaired ability to repair and remodel skeletal muscle, termed ‘anabolic resistance’. Masters can take 24 hours longer to recover than younger counterparts.



Older adults need **more protein** than their younger counterparts. Aim to achieve $\pm 40g$ after muscle damaging exercise, and $0.4g/kg$ bodyweight across the day in meals.



Antioxidants found in colourful food will help reduce free radical damage in the body, and provide other vital micronutrients.



Carbohydrate is key before training (depending on the session), and in the recovery snack/meal; particularly if another exercise bout is to be completed within 1 to 6 hours. Periodise carbohydrate to manage weight and exercise/training performance.