

Post Weigh Rehydration Plan

Lightweight Athlete



Shake 1 (Finish in 10-15 minutes)

SOS Eletrolyte (Informed Sport)
500 ml water
Vitargo(BSCG)
5g Thorne L-Glutamine (NSF)



Shake 2 (Finish within 10-15 mins)

SOS Eletrolyte (Informed Sport)
500 ml water
Vitargo(BSCG)
5g Thorne L-Glutamine (NSF)

*** Start both post shake 2



Shake 3 (Finish in 60-90 minutes after Shake 2)

Servings	Ingredients
0.5	Vitargo(BSCG)
1.5	1 liter - Water
1.75	The Right Stuff (NSF)
5g	Thorne L-Glutamine (NSF)
80mg	caffiene



Start Solid Foods (within 30-45 minutes post weigh in)

Fuel for Fire

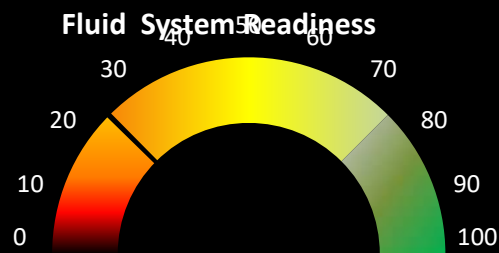


Introduce Starchy Solid Carbohydrates (60-90 minutes post weigh in)

Plain Bagel

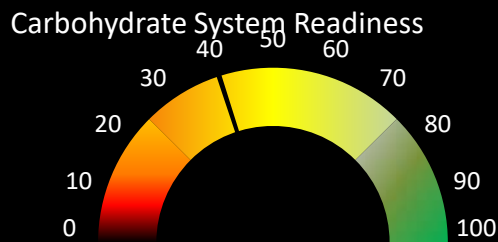
1 tbsp. Jam (or equivalent)

Post Weigh System Readiness



Fluids Provided (L)	2.5
Fluid Remaining (L)	7.4
<i>fluids needs are based off acute weight cut</i>	

Figure 1: Fluid replacement system readiness: 100 = total fluid needs met. Fluids needs should be met by end of day.



Carbohydrates Provided (grams)	474
Remaining Needs (grams)	1175

Figure 2: Carbohydrate system readiness: 100% = total carbohydrate needs met before fight day.

Carbohydrate Options	Servings (100g)	Servings (1 cup)
Pasta (cooked)	25.1	15.6
Rice (cooked)	35.1	17.1
Sweet Potato (cooked)	35.1	17.5
Potato (cooked)	33.4	17.1