## Key Information

### Title of Paper

Case Study: The Role of Milk in a Dietary Strategy to Increase Muscle Mass and Improve Recovery in an Elite Sprint Kayaker

### Authors

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### Institution / Place of Work

Performance Food Ltd., Swansea, UK

### SENr Status: Graduate, Full, High Performance, Academic Associate

High Performance/Board member

### URL link or full paper if Open access

https://t.co/fXIAXd3umQ

## The Study

### Why did you undertake this study?

The case study was submitted for and received the Dairy Council Sports Nutrition Professional Award 2014, the purpose of which is to provide an opportunity for SENr practitioners to showcase their knowledge and understanding of dairy foods as part of a healthy balanced diet in sports nutrition and elite performance.

### What did you find?

This is a practice led case study describing a dietary intervention with an elite sprint kayaker racing over 200, 500 and 1000m between January 2013 and October 2014. The aim of the intervention was to improve recovery and support an increase in muscle mass. The role of food, in particular milk based recovery shakes and readily available carbohydrate snacks used to support an increase in muscle mass and improve recovery over an 18 month training and competition cycle are described. This simple dietary intervention, along with a structured strength and conditioning programme, resulted in an increase of 10 kg body mass with minimal change in body fat %. Adequate vitamin D status was maintained without the need for supplementation during the intervention period.

The athlete enjoyed the milk based shakes, preferred them to commercial supplement products and reported better recovery after training sessions.

The food based strategy was safe and effective and enabled the athlete to achieve body composition targets whilst maintaining health and wellbeing.
### What are your key messages from this research for SENr practitioners?

SEN practitioners have an important role in applying evidence based science in an appropriate and safe way with the athletes and sportspeople they work and are advised to consider using simple food based strategies first.

### What is next for your research?

### Contact Details: If SENr members wish to contact you directly, which is the best way for them to do this?

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