

Recovery Strategies



Maximise your training benefits with accelerated recovery

Active Recovery Workouts

Option One	3 x 6 min easy cycling or X-trainer (approx 60-75% HR MAX) + Full static stretching session
Option Two	Dynamic Mobility Warm Up (10-15 minutes) + Full static stretching session
Option Three	15 minutes easy Swimming + Stretch in Shallow end
Option Four	Pool Session: alternate 1 length swimming with walking, lunging, high knee walk, backwards, side lung

Day to Day Self Management

Wellness Monitoring	Use your diary and keep a track of your wellness. This will help you be aware of your need for extra rest.	Record AM Heart Rate, Sleep and Fitness ratings
Ice Bath	Run Cold tap only filling bath so water height covers legs & add ICE	3-5 minutes immersion followed by warm shower.
Contrast Showers	Alternate Cold Spray with Hot Spray. Hold shower head in hand and direct water over legs and arms.	30 sec cold, 60 sec hot three to four times.
Self Massage	Whilst taking a shower or bath perform 2-3 minutes self massage.	Target pectorals, deltoids, neck, feet, calf, and IT Bands.
Stretching	30 seconds static stretching of common tight muscles.	Pecs / Shoulders, Low Back, Glutes, Groin, Hamstrings,
Foam Rolling	Whole Body	10-15 rolls per body part, focus on HOT SPOTS
Sleep	Sleep is the best method of recovery. 8 hours is the key number, but know your body	If you need to nap, then nap, but avoid napping for over 1 hour as you will struggle to sleep later in the day.

Nutrition

Day to Day Healthy Eating	Be organised and buy what you need to have the right food with you at the right times.	Avoid Fast Food
Hydration	Have a water bottle with you all the time. Use electrolytes for training and matches if needed.	Limit alcohol around key training and match days
Post Training	Carbohydrates and Protein must be eaten within 30 minutes of finishing training, especially after strength training. With a larger meal 1-2 hours after.	Milk Shakes are sufficient as post training/game snacks if you can not afford protein. Yoghurts/Fruit/Eggs/Nuts & Seeds are all good alternatives