

RECOVERY CHECKLIST

A simple guide to help you recover better,
without the unnecessary, and usually
overstated methods.

Understand how you're feeling so you can
recover optimally and get yourself ready for
your next session



ESSENTIALS FOR RECOVERY



Quality Sleep

7-9+ HRs of sleep each night



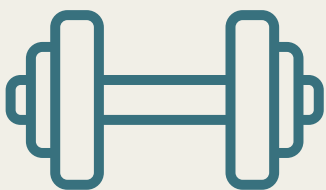
Good Nutrition

Ensuring good quality carbs, protein and fats



Hydration

Fluids including water and electrolytes



Load Management

Balanced stimulus to not over or under train

WHEN YOU'RE FEELING STIFF



Massage

From a sports therapist
not thai or asain massage



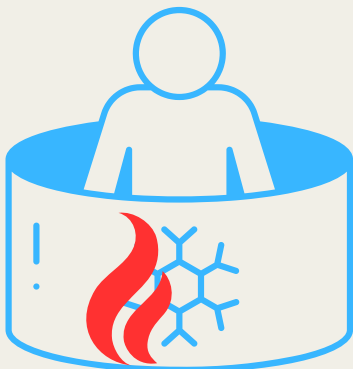
Foam Rolling/Stretching

Working through area's of tightness or
regular sore points



Active Movement

Going for walks or a swim separate
to your training stimulus



Contrast Bathing

Cold and hot baths to
promote blood flow

WHEN YOU'RE FEELING HEAVY



Cold Water Immersion

6min in 10degree's.

Can negate the gains of strength training, so need to be aware when to use



Compression Garments

Increasing circulation to help flush out unwated build up of lactic acid and other inflammatory markers



Increase Protein Intake

Protein helps with muscle repair and synthesis.



Recovery boots/suits

Intermittent pneumatic compression (boot) helps to reduce muscle soreness

WHEN YOU'RE FEELING IRRITABLE



Meditation/Mindfulness

Reduced stress and anxiety, improved focus and concentration, better sleep, and enhanced emotional regulation



Yoga

Promotes mental clarity, improves body awareness and can improve mood



Extra Sleep

A 30 minute nap can help overcome the negative effects of reduced sleep time on mood states, and physical and mental performance.



Reduce cognitive load

Either through reduced training/work load, or getting someone to help with decision making

WHEN YOU'RE FEELING TIRED



Get in a longer sleep

Either by sleeping longer by adjusting your schedule when needed or taking a nap



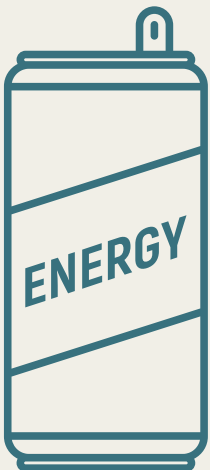
Physical primer

Could do some short intense sprints, heavy/fast lifting or jumping



Extra carb intake

Important to fuel appropriately for the training you have planned for the day



Caffeine intake

Coffee, chewing gum or pre-workout can improve alertness, endurance performance, repeated sprint ability and skill accuracy.

IF YOU FEEL A COMBINATION OF 2:

Consider using strategies from both of them

IF YOU FEEL A COMBINATION OF 3:

Consider adjusting your training stimulus

IF YOU FEEL ALL 4:

Reduce your training stimulus and get in touch with me so we can get you training more effectively to not feel so sore all the time!



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