

Recovery Strategies

Excellent training + Poor recovery = Fatigue and poor performance
Excellent training + Excellent recovery = Excellent performance

At the end of the day any one can train hard. How you recover and adapt will determine just how hard you can train and therefore your gains. Hereís some strategies that we routinely use with our athletes to maximize results.

The times immediately prior and post exercise are vital. Follow these guidelines to ensure that your training has maximum impact.

In the 4 hours before training/games

- Eat 150-200g carbohydrates (CHO) in the 4hrs pre training - this is a lot of food by the way

Examples:

Cereal bar = 20g CHO

Sport drink 500ml = 35g CHO

Banana = 20g CHO

Honey sandwich = 50g CHO

To find out food composition of your favourite pre- and post- workout meals check out:
or for a higher tech one

Within 5 minutes of finishing trainings/games

- Drink fluids
- Eat carbohydrates and protein
- Warm down ñ light jog/walk for 5-10 minutes then stretch

Within 10 minutes of finishing trainings/games

- Keep drinking fluids
- Keep stretching
- Ice buckets ~ 10C submerge: 3 x (30-60 seconds in / 2 minutes out)

OR

- Contrast showers: 3 x (30-60 seconds cold / 2-3 minutes hot)
- Always finish on cold

Within 60 minutes of finishing trainings/games

- Keep drinking fluids and you should have drunk 500-1000 ml by now
- Continue to eat and you should have eaten 1-2g CHO per kg of bodyweight and 10-30g of protein by now.
- Glutamine may improve glycogen synthesis. This is probably a useful supplement.
- Ask yourself - what did I learn from this training/game?

Evenings

- Work on stretching and self-massage to stretch out tight muscles
- Massage/self-massage 2-6 hours after trainings can improve recovery
- Ice any injuries (10 minutes ice/10 minutes light stretching movement/10 minutes ice every 2 hours) don't stop doing this till swelling and pain is gone. We've found velcro ice pack wraps to be an essential piece of kit for anyone playing impact/combat sports.
- Relaxation work and meditation, yoga, music, reading.
- Have some fun and change the mood
- Go to sleep no later than 10.30 pm.
- Use compression garments and Try and keep these on for at least 4hrs but preferably 12 hours after exercise.
- We recommend Skins
- Light pool work can be useful: 10 min spa, hydrate, stretch 10 min, 2-5 min floating

The day after

- Pool session: Repeat this sequence twice:
 - > Walk in waist high water 3 min, 2 min stretch
 - > 5 min moving joints through full range, 2 min walk
 - > 2 min walk, 5 minute stretch.
- A light recovery walk or jog (25-35 minutes) at a low intensity ie. Below 65% of maximum heart rate.