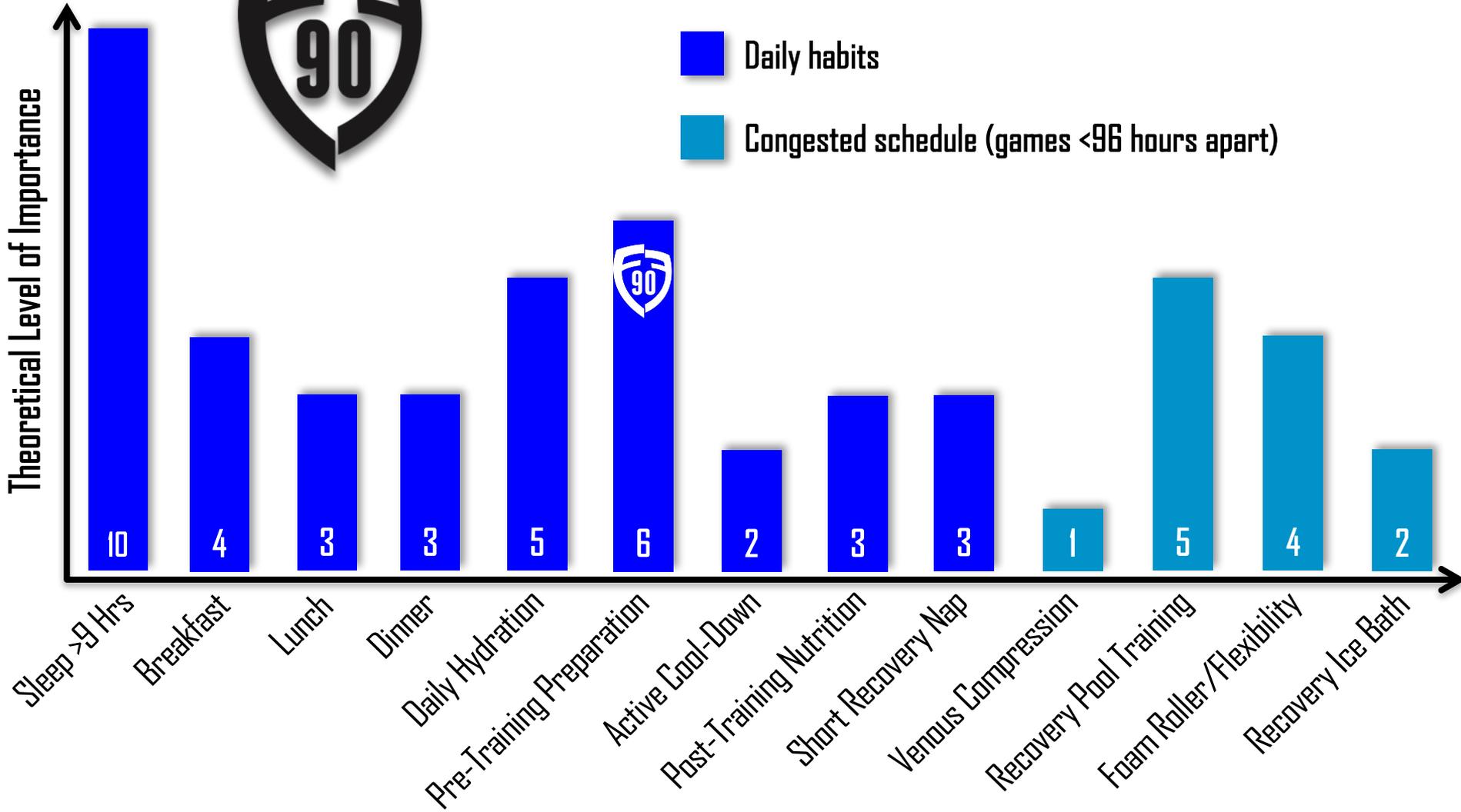


#ASKFITFOR90

RECOVERY POINT SYSTEM



RECOVERY POINT SYSTEM



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While most of our focus as athletes, coaches and parents is on what is done on the field, court, track, and gym the majority of an athlete's time is spent away from these venues. An athlete's work is wasted if they are not doing the right things off the field to optimize for recovery and adaptation.

Goal: To create athlete awareness on how to manage your health and well-being with two elements:

1. Daily habits that define a healthy lifestyle and adaptation to training.
2. Recovery training that should be added to these habits when competition/games are close together (i.e. congested) and recovery for performance and injury risk are the priority.

Daily habits

Sleep >9 Hrs: Sleep quality and quantity impact both physical & cognitive performance.

Meals (Breakfast, Lunch & Dinner): Consistent, quality meals on avg every 3.5 to 4 hrs throughout the day.

Daily Hydration: Importance varies relative to climate, season & sport.

Pre-Training Preparation: Includes foam roller, passive dynamic flexibility, and corrective strength exercises, which should be individualized to each athlete's specific needs and schedule.

Active Cool-Down: Just as we prepare the body for training/competition returning the body to rest is an important element.

Post-Training Nutrition: 20 grams of protein within 30 minutes of training.

Short Recovery Nap: 30-45 min nap, but even as short as 15 min can aid in well-being. The greater the stress and/or the less sleep the more important a nap is.

Congested schedule

(games <96 hours apart)

Foam Roller/Flexibility: Targets the reduction of muscle adhesions and overuse patterns that are common in training.

Venous Compression: Athlete's consistently report feeling better from wearing recovery tights.

Recovery Ice Bath: Can be an effective recovery method but important that ice baths are not used daily as they may inhibit adaptation.

Recovery Pool Training: Structured pool recovery training between matches and post travel can enhance recovery significantly.