



Quick Tips Recovery

01



Sleep

Sleep is just as important as training. It plays a key role in performance. The quality and amount of sleep one gets can be the key to winning or to perform to your best. In particular REM sleep allows the body to repair by providing energy to both the brain and the body. 7-9 hours sleep is recommended to those in training.

02

Compression garments



Compression garments have been found to reduce the soreness you feel in your muscles after exercise. Evidence suggests that this may be the case if you use them over the following 24 hour period. Wearing them during exercise may also provide some benefits.

03



Massage

Massage has important physiological and psychological benefits that enhance the feelings of wellbeing and recovery. Physiologically, it helps reduce the level of inflammation in the body that is created during workouts. Techniques also work with the nervous system to relax muscles. Psychologically, studies have found that it promotes one's sense of wellbeing.

04

Refuel



Refuelling should start after 20-60 minutes of activity, especially if you have another workout to prepare for the next day. This window is when your muscles will absorb more nutrients, in particular glycogen, so that they can rebuild from the stress endured from training. Fuel can include fluids that contain electrolytes, protein shakes, bananas, bagel with jam, etc.

05



Ice baths

Many elite athletes plunge into an ice bath (roughly 12°C) for 8-12 mins post training session to help their muscles recover. The cold water helps by reducing swelling, delays the onset of muscle soreness, constricts blood vessels so that when you re-warm, the blood flow increases and flushes out all the toxins produced from training.

Recovery

