

RECOVERY READY

Recovery: For athletes, recovery is essential to gain the benefits of workouts and practices. It entails getting your body back to how it was prior to the training session or competition. The quicker you recover, the sooner you can train or compete at an optimal level again.¹ Recovery helps to aid in the repair of damaged muscle & stimulates production of new muscle, and replace muscle fuel (carbohydrates) used during practice/matches.

REFUEL WITH FOOD¹

CARBOHYDRATES

- The primary fuel for athletes.
- Carbohydrates are stored in your muscles in the form of glycogen. When you workout, your body uses glycogen as an energy source. It is important to restore this loss of glycogen by refueling with carbs after you workout.
- By eating carbs, along with protein, you will help limit the breakdown of muscle caused by exercise

PROTEIN

- Our bodies need protein to repair damaged muscles after workouts.
- Protein is also needed to build muscle. You need the right combination of exercise and fuel- just exercise doesn't do the trick
- Gives a boost to your immune system

Within the first 30 minutes post workout it's important to fit in a snack with both carbs and protein, such as: chocolate milk, an energy bar, banana & yogurt, or bread/bagel with peanut butter & jelly

CONTRAST IMMERSION, COLD TREATMENT, AND WATER MASSAGE⁴

- Reduces chance of injury
- Stimulates blood flow (hot treatment)
- Reduces swelling (cold treatment)
- These treatments may assist in speeding the repair of damaged fibers
- May shorten recovery time



REST

- Proper sleep and rest helps:²
 - o Regenerate damaged tissue
 - o Abolish lingering fatigue
 - o Provide a mental break for the athlete

RELEASE TECHNIQUES³

Self-myofascial and active release

Example: Foam rolling

- Improves joint range of motion
- Relieves muscle soreness and joint stress

REHYDRATE

- Weigh yourself before and after practice/competition to assess how much water weight you lose in workouts.
- Drink 20-24 ounces of fluid for every pound of sweat lost.
- Fluid options: water, sports drink (provides carbohydrates), or a drink that contains protein.

STRETCH AND RECOVERY⁴

- During workouts, muscles shorten and contract
- Stretching after a workout may help relax tight muscles, improve range of motion that was lost during exercise, and reduce chance of injury
- Active recovery increases blood supply to fatigued muscles, helps with neurological recovery, and enhances the removal of blood lactate
- Active recovery/low intensity exercises include low intensity swimming, walking, and cycling.

¹ Bird, Randy. "Common Mistake #1: Recovery after training and competition is not taken seriously." University of Virginia Sports Nutrition. 26 May 2010. Web. 15 Feb 2013.

² "Sleep, Athletic Performance, and Recovery." National Sleep Foundation. 2011. Web. 6 April 2013.

³ Clark, Michael. "Self Myofascial Release Techniques." Perform Better. Web. 6 April 2013.

⁴ Coutts, Aaron and Sirotic, Anita. "Post-match recovery for team sport athletes." Sports Coach. 27.2. 2004. Web. 6 April 2013.