

AWESOME Recovery Strategies

	WHAT	WHEN	HOW	WHY
A	Active Recovery	0-30 min post	8-10 min light jogging/walking Stretching Legs elevated	↑ Removal of waste products from the muscles ↑ Restoration muscle length ↑ Blood return to heart
W	Water/Fluid replacement	0-60 min post	Drink 1-2 liters (100-150% of BW loss)	↑ Muscle and cell repair ↓ Risk of soft tissue injury ↑ Brain Clarity
E	Eat *see nutrition guide	0-5 min post	50-70 g CHO (0.5 - 1.5g/kg of BW)	↑ Muscle glycogen replenishment
		0-30 min post	20-25 g Protein (0.3g/kg of BW)	↑ Muscle and cell repair
S	Soak	30-60 min Post	+ Full body immersion in cold water (12-15°C) for 5 min - Partial immersion 8 min	↑ Removal of waste products ↑ Blood return to heart
	Skins/Compression	After Soaking	Till bedtime and following day (NOT overnight)	↑ CNS return to normal
O	Overnight	8-10 hours sleep	Stay away from screens (computer/TV) one hour prior to bed Do a calm activity the hour before bed	↑ Ability to go to sleep (no light to stimulate brain) ↑ Muscle and cell repair ↑ CNS return to normal
M	Massage	20-30 min next day	Therapist or Self Administered	↓ Muscle tension ↑ Relaxation ↑ Removal of waste product
E	Exercise	30-40 min next day	Pool session Mobility session	↓ Muscle damage ↑ Waste products ↑ Joint mobility and muscle length

