



# RECOVERY & REGENERATION

## POST TRAINING RECOVERY

- IMMEDIATE AFTER PRACTICE/WORKOUT
  - RESTORE FLUIDS
  - INGEST PRO & CHO DRINK
  - STRETCH LIGHTLY
  - LISTEN TO RELAXING MUSIC
  - PUT YOUR LEGS UP FOR 5:00

## COLD BATH

- FILL TUB WITH WATER 50-60 DEGREE F
- BEGIN WITH 7-10 MIN & WORK UP TO 15 MIN
- SHOWER AFTERWARD TO RESTORE NORMAL BODY TEMPERATURE
- BENEFIT – COLD WATER PULLS BLOOD TO THE CORE, FLUSHING OUT WASTE AND TOXINS

## **CONTRAST SHOWER**

- STAND OR SIT IN SHOWER
- HOT WATER FOR 1 MINUTE
- COLD WATER FOR 1 MINUTE
- 3 TIMES EACH – TOTAL OF 6 MINUTES
- BENEFIT – STIMULATES NERVOUS SYSTEM, INCREASE AROUSAL IN BODY VIA TEMPERATURE CHANGE, AIDS IN WASTE/TOXIN REMOVAL

## **CONTRAST TUBS**

- SHOWER
- SPA 95–100 DEGREE F FOR 3 MINUTES
- COLD SHOWER OR COLD TUB 55 – 65 DEGREE F FOR 30 – 60 SECONDS
- DO NOT USE HOT IF YOU HAVE ANOTHER WORKOUT THAT DAY OR SOFT TISSUE INJURIES
- BENEFIT – FLUSH TOXINS/WASTES VIA PUMPING ACTION OF CONTRASTS