

AFTER TRAINING:

RECOVERY STRATEGIES

THE 5 "R"s of RECOVERY

RELAX

- * Take an ice bath
- Get a Massage
- **Do Contrast Shower**

- *Put Your Feet Up
- *Listen to Music

RESTORE

RESET

* Mediate

* Lay Down & Do **Deep Breathing**

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window Chocolate

carbohydrates and protein combo within a 20 min

* Get in

Milk - Peanut Butter Sandwich

REPAIR

- * Drink at least 16 oz of water after
- *Replace your electrolytes
- *Eat your water

REHYDRATE

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