

Weekly Recovery Program Template

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Stretch/ Yoga	Stretch/ Yoga	Stretch/ Yoga	Stretch/ Yoga	Stretch/ Yoga	Stretch/ Yoga	Stretch/ Yoga
Ice Bath	Contrast Shower	Contrast Shower	Ice Bath	Contrast Shower	Contrast Shower	Massage/ Self Massage
Foam Roll	Foam Roll	Foam Roll	Foam Roll	Foam Roll	Foam Roll	Hot Salt Bath

