

Recovery Techniques to Improve Fitness, Event Execution, Focus and Performance

Methods to be used before or at the Beginning of a Practice/Competition

- Snack and Fluids toward the end of the school day or immediately after school
 - Options Include: Honey, Fruit, Lara Bar, Clif Bar, - something easily digestible and not filling
- Warm-Up complimentary to the practice/competition
 - Begin slowly at least 25 to 30 minutes prior to practice or specific event
 - Utilize various multi-joint, dynamic movement that increase core temperature
 - Go through a full range of motion and progressively mimic the segments of the workout or event
 - Skips, gallop, shuffle, cross over, carioca, hops, bounds, jumps, jump rope, all variations of skips. All can be performed barefoot on grass.
 - Add stabilization exercises
- Add accelerations appropriate for the field event or running event - pacing, hurdles, approach, etc. As the event draws near (3-5 min), must elevate your heart rate pre-race.
- Massage, stick or foam roller

Recovery methods During Practice and/or Competition

- Fluids: Water, electrolytes, sports drinks (NOT Energy Drinks)
- Gatorade (cold & diluted), Pedialyte (cold & diluted)
- Ice Towels, Mist Spray, Head or Neck Face & Hands
- Stick & Foam Rollers
- Change of shirt/socks
- Walk/run barefoot (grass)
- Put head, feet, hands in ice bucket
- Legs/Lower body/torso in ice bath
- Elevate Feet above your heart/head
- Always include a moderate recovery run
- In competition, include easily digestible food sources: clif bar, lara bars, 4:1 Carb to Protein recovery drinks, Fruits, Honey. Also include the same following competition. Avoid heavy proteins, high fat/sugar food sources. Low fat chocolate milk is an excellent selection

Recovery methods After Practice and/or Competition

- Massage & Foam Rollers
- Static Stretching to include all major muscle groups
- Ice Bath (7-10 minute max) 50-60 degrees
- See competition food sources above

**During exercise glycogen is broken down to ATP and used to supply energy to the body. Low blood sugar can result if glycogen uptake through exercise exceeds the body's glycogen stores and production. Beverages and easily digestible protein/carbohydrate combination foods mentioned above are the quickest and most effective aid to the resynthesis of glycogen.

A combination of protein and carbohydrates post workout is more effective at restoring glycogen than carbohydrates alone.