

## RECOVERY

The body needs to be physically stressed (exercise) to improve fitness and undergo adaptation



The body repairs itself during rest (recovery)



To continue to develop fitness and ultimately performance, there must be progressive overload through frequency, intensity or duration of training

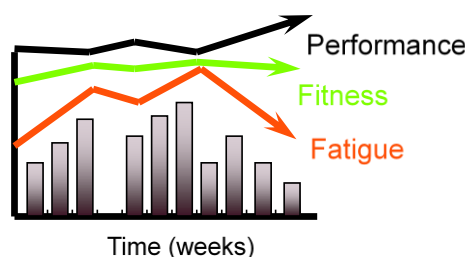


Improvements in fitness occur during rest and recovery after training



Performance = Fitness-Fatigue

This means following progressive overload a period of recovery is required to allow the body to freshen up (taper) for maximal performance



Recovery allows the *restoration* of physical and psychological processes

Recovery can help with increased *quality* and quantity of subsequent training and *reduce* the risk of developing overuse injuries and overtraining

## SLEEP



Sleep is the most important form of recovery so make it a priority

Maintain a regular-sleep wake cycle (consistent wake-up bed time every day)

Try to get 8h+ sleep per night. Teenagers require more sleep than adults (8-10h)

Use napping appropriately (not after 2pm and <1h) and it should not interfere with night time sleep

Ensure room is 19-21°C

Be mindful of excessive amounts of fluid 1-2h before bed to avoid waking to go to the toilet. Plan fluid intake across the day particularly when hot

If exercising in the evening or the temperature is hot consider the use of a cold shower or ice bath to drop body temperature to aid with sleep onset

Minimise screen time 30 mins - 60 mins prior to sleeping

In addition to sleep, recovery also includes nutrition, massage, compression, hydrotherapy, psychological, warm-down and stretching

