

RECOVERY ACTIVITIES

- **Dynamic Flexibility:**
 - See video for example of dynamic flexibility routine – this can be done in preparation for training and/or on recovery days
- **Static Flexibility:**
 - Static stretching should only be done at the end of training sessions or on recovery days – never before training for strength, speed, or conditioning sessions. See included static stretch routines.
- **Foam Rolling:**
 - Full-body foam rolling routines are excellent recovery-day activities, to stimulate muscle stretch receptors, and work lactic acid out of your muscles when you are sore. This can also be done before and immediately after training sessions.
- **LIGHT Biking or Treadmill Walking:**
 - A short (10-20) minute, and easy (20-40% max capacity) bike ride or treadmill walk is a good way to draw lactic acid out of your legs and stimulate muscle receptors which allow you to get a better stretch routine and keep you more flexible
- **Smart nutrition:**
 - Eating well on recovery days is vital for muscle growth and development. This means getting enough protein and carbohydrates at the right times of day to prepare you for your next training session. See the attached nutrition packet for information on eating as an athlete and specific tips for eating before and after competitions and training sessions. Remember: you stronger in the weight room and bigger at the dinner table.
- **Sleep:**
 - You must get an adequate amount of sleep at night to adequately recover between training sessions. If you are not getting 7-8 hours of sleep each night on a consistent basis, you are not maximizing your potential for athletic development over the summer.

EXAMPLE OF A SMART RECOVERY DAY ROUTINE:

- 5-minute dynamic flexibility warm-up
- 10-minute LIGHT stationary bike ride
- 10-minute full body foam rolling routine
- 15-minute full body static stretch

Stretch and Recovery Routines

Resistance Band Stretch:

- Hamstring (R/L) :30 seconds each
- Hip Crossover (R/L) :30 seconds each
- Figure 4 (R/L) :30 seconds each
- Groin (R/L) :30 seconds each
- Repeating Hamstring (R/L) :30seconds each
- Quad/Hip Flexor – on stomach (R/L) : 30 seconds each

Physio Ball Stretch:

- Pec Stretch
 - Arm to side, hips up rest head on PB
- Back Stretch
 - Hands together, walk feet into PB, reach over PB until you touch the other side
- Hamstring Stretch
 - Lay on PB with feet on wall, legs straight up in the air – try to touch butt to wall
- Groin Stretch
 - Lay on PB and pull feet together touching the wall – try to get butt to wall
- Hip Rotator
 - Laying on PB with one foot rested on wall, cross one knee over the other, push knee down with hand, keep chest up

Foam Rollers – Muscles to Cover:

- Hamstrings
- Glutes
- Quads
- IT Band (outside of quads)
- Lower Back
- Lats/Upper Back
- Groin
- Calves
- Tib Anterior (outside of shins)