

# OURC Recovery Guidelines

## 1) 30 minutes post-training and game

### Cool down

Easy activity (jog... ) **10 - 20 minutes at RPE 2-4/10<sup>+</sup>**

Include stretching (Mix as appropriate, x1-2 repeats each movement)

**Static:** 30 sec holds with major muscle groups

**Dynamic:** Easy leg, arm and full body movements

**Myo-fascial:** Full body front, side, back and rotation movements

### Food and fluid

Hydration: 2-3 x 750ml **recovery drinks**, e.g. Powerade

Protein: 1x **shake** (whey and casein) +/- **chocolate milk** (\*hydration as well)

Carbohydrates: 1x **filled roll** and 1x **handful of lollies**, e.g. Snakes & jet planes

**Key: Eat, drink and light activity**

## 2) Sleep

Approx. 8 hours (\*quality) per night

20 minute nap during day (if needed)



Key:

RPE

(Rate of perceived exertion)

Nothing	Very easy	Easy		Moderate		Hard	Very Hard		Maximal		Max <sup>+</sup>
0	1	2	3	4	5	6	7	8	9	10	10 <sup>+</sup>