

**REFUEL** → Have a snack straight away after training and within 30 minutes of finishing/ in the window between pool + land training

- 500ml of milk + Banana
- 500ml home-made smoothie + flapjack
- 500ml chocolate milk + pot of yoghurt



**REPAIR** → within 2 hours of finishing consume a meal containing carbohydrate and protein

- Chicken and veg stir fry with noodles
- Fish with rice and veg
- Omelet with bread and salad
- Scrambled egg on wholemeal toast



**REHYDRATE** → Aim to sip fluids consistently in the hours after training

## FOAM ROLLING



- 3-5 sets of 20-30 second repetitions on the targeted muscle groups (Can be built up over time)
- 3-5 times per week consistently to maximise effects from session to session
- Combine with stretching → Studies show that a combined approach has a greater impact on recovery

1. Increases blood flow to the targeted muscles- enhances delivery of oxygen and nutrients, speeding up recovery
2. Increases range of motion in the joints-
3. Reduces muscle soreness from training
4. Allows you to identify trigger points and tight spots for attention
5. Psychologically causes you to feel relaxed and recovered

## Stretching

The best way to improve flexibility is to work at applying force at the new range movement- we can do this through PNF stretches/squeezes + strength based movements

Applying an external load in a certain way causes strengthening AND lengthening

Taking the load slowly into a range of motion (for example an RDL) can contribute to increasing muscle length

Greatest increase in ROM through static stretching is found when a position is held for 15-30 seconds at a time.

PNF stretching is a technique that increases ROM by increasing the length of the muscle and increasing neuromuscular efficiency. It is known as the most effective method for improving flexibility

It involves both stretching and contracting of the target muscle

Dynamic stretching is great to use in the time period before races and in land warm ups- 8-12 repetitions on each side of the body for each movement