

RECOVERY PROGRAM – POST ALTITUDE TRAINING CAMP

Ensure you maintain your hydration levels, weigh in regularly (remember 1.5 litres per kilogram lost)

Refuel with carbohydrates contact Maria if you need to regarding your diet.

You need to have a minimum of 8-9 hours of good quality sleep.

Use any hydrotherapy available i.e. pool, sea, hot and colds, spas etc.

Complete the following program:

WEDNESDAY:

AM: 2km Slow Walk

Stretch 30 minutes – hold each stretch for 1 minute

Ensure you stretch all the following muscle groups: hamstrings, quads, calfs, hip flexors, gluteals, groins, lower back, triceps, shoulders, and chest.

PM: Swim:

Walk forward 2 laps

Walk backwards 2 laps

Stretch hamstrings/quads

Jog forwards 2 laps

Jog backwards 2 laps

Stretch calfs/ groins

Sidestep 2 laps

Skip forward 2 laps

Stretch glutes/hip flexors

Freestyle 4 laps

Sidestroke 2 laps

High knee skipping 2 laps

Freestyle 4 laps.

Spa if available

Hot and cold showers

Organise a professional massage (total body)

THURSDAY:

AM: 2km slow jog (off road)

Stretch as above for 45 minutes

PM: Swim

Freestyle 4 laps

Breast stroke 4 laps

Life saving backstroke 4 laps

Jog forwards 4 laps

Jog backwards 4 laps

Walk forwards 4 laps

Walk backwards 4 laps

Freestyle 4 laps

Spa if available

Hot and cold showers

FRIDAY:

AM: 1km quick walk

Stretch as above 45 minutes

Hot and cold showers

Organise lower body massage

Stretch as above 30 minutes

PM: Fitness Test 3km time trial