



## Post Training and Post Match Recovery Expectations

### Stage 1 – Nutrition 1 - (immediately)

- High GI Foods
- Sports Drink

### Stage 2 – Static Stretch (2 x 30sec hold)

- Gluteal Stretch
- Quad stretch in lunge
- Calf
- Hamstrings

### Stage 3 – Foam Roller/Massage (5 mins)

- Quadriceps, Hamstrings, Calves, Adductors , (Avoid any injured areas)
- Ice for injuries

### Stage 4 – Ice Bath/Active Recovery (10 mins)

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| <ul style="list-style-type: none"> <li>• Contrast Shower or Stationary Bike (Low intensity)</li> </ul>  |  |
| <ul style="list-style-type: none"> <li>• Contrast Shower               <ul style="list-style-type: none"> <li>– 30 – 60 secs warm water</li> <li>– 30 – 60 secs cold water</li> <li>– Repeat 5 times</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>• Stationary Bike (Low intensity)               <ul style="list-style-type: none"> <li>– 10 mins, moderate speed</li> <li>– Able to talk</li> </ul> </li> </ul> |

### Stage 5 – Nutrition 2 – Meal