



OFF ICE RECOVERY

WITHIN 30 MINUTES

COMPLETE BOTH GREY BOXES AND AT LEAST ONE WHITE BOX OPTION

CARBOHYDRATE / PROTEIN RECOVERY DRINK	COOLDOWN (FOAM ROLL AND/OR STRETCH)	LIGHT CORE WORK OR HIP MOBILITY (5 min)	COLD WATER IMMERSION OR HOT/COLD CONTRAST (10 min)
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WITHIN 1 HOUR

COMPLETE BOTH GREY BOXES AND AT LEAST ONE WHITE BOX OPTION

1 X 500ml REHYDRATE DRINK	CARBOHYDRATE FOOD	LOWER BODY SOFT-TISSUE WORK (FOAM ROLLER, LACROSSE BALL, NORMATEC)	COMPRESSION TIGHTS OR SOCKS UNTIL BED
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WITHIN 24 HOURS

COMPLETE BOTH GREY BOXES AND AT LEAST TWO WHITE BOX OPTIONS

2X 500ml REHYDRATE DRINK	REST - AIM FOR 8- 9 HOURS SLEEP	LIGHT EXERCISE AND FOAM ROLL	CONTRAST BATH - 2 MIN HOT / 2 MIN COLD X4
10 min MOBILITY / STRETCHING	PROACTIVE TREATMENT	NORMATEC (20 min)	

