

BE READY FOR THE NEXT GAME

Strategies for Faster Recovery Between Games



REHYDRATE

Start by making sure you rehydrate. If at all possible, drink 16-20oz of water for every pound of bodyweight you lost during the match. If you can't weigh yourself pre/post, be sure to get 20oz immediately, then keep sipping.



REFUEL & REPAIR

Your next priority is with a recovery drink within 15-30 minutes to replenish your energy stores. A good drink will have carbohydrates and rebuild your damaged tissue with protein.



RESET

Spend 5-10 minutes focusing on resetting your muscle tissue. foam rolling and trigger point work on target areas and massage. Hips, thighs, and calf muscles, along with the bottom of your foot are good targets.



RESTORE

Give your muscles a chance to move fresh blood and pump out the waste products. Spend 7 - 10 minutes with a light bike spin or jog after the game or practice. Pnuematic compression boots are a great way to get that flush without having to expend any energy.