

Recovering after training is an important component of being a good athlete. Practicing good recovery habits will help reduce risk of injury, promote healthy growth and development and provide your body (physical and mental) the time and attention it needs to be productive for training the next day.

## PHYSICAL RECOVERY

### REFUEL

- Make sure to pack a recovery snack to eat within 45 minutes of your last training session.
- The recovery snack should have protein (5-10 grams) and carbohydrates (~30 grams).
- Carbohydrates are needed post-exercise to help replenish depleted muscle glycogen stores used during training.
- Protein is needed post-exercise to help facilitate proper muscle repair and growth post training.

### REHYDRATE

- Rehydrate your body with 8 ounces of water after training.
- Rehydrating helps replenish fluids and electrolytes lost through exercise while also ensuring muscle elasticity is maintained.

### STRETCH/ROLL

- Devote at least 15 minutes post-skating at the rink to stretch all muscles in your body (arms, legs, abdominal area, back, etc.).
- If you have a roller or some type of massage tool, use these to prevent muscle tightness.

### REST

- Adequate sleep between training days is crucial to helping your body repair and recover for the next day's training.
- Keep in mind that on harder training days, more sleep is required to help your body recover.

## MENTAL RECOVERY

### REFLECT ON THE TRAINING DAY

- Did practice go well? If not, why don't you think practice went well today?
- What was harder today? What was easier today?
- Did you accomplish any new goals today? Do you have any goals for tomorrow based on your practice from today?
- How did your lesson(s) go today? How did you spend your time when you weren't in a lesson?
- Did you fuel correctly for your training day? Did you remember to pack a recovery snack for the end of your training day? Did you stay hydrated throughout your training day?

### USE IMAGERY AND VISUALIZATION TECHNIQUES

- Using imagery and visualization can help reinforce good technique for your jumps, spins and choreography while keeping a positive mindset in the pursuit of your skating goals.
- Take time at any point after your training day (while stretching, in the car on the way home, before bed) to visualize yourself landing a new jump you are working on, executing a new spin fast and centered or completing a perfect version of your skating program.

# RECOVERY CHECKLIST

## DIRECTIONS:

Use the following checklist daily to maintain healthy recovery habits.

- ADEQUATE REST BETWEEN TRAINING DAYS.**

Average sleep recommendations are 9-11 hours/night. Remember that your body requires more sleep on harder training days.

- STRETCH & ROLL TO HELP REDUCE MUSCLE SORENESS & TIGHTNESS.**

Devote a minimum of 15 minutes post-skating at the rink to stretch all muscles in your body and, if you have a roller, utilize this in areas where you feel most tight.

- PROTEIN- & CARBOHYDRATE-RICH SNACKS WITHIN 45 MINUTES OF LAST TRAINING SESSION**

Repair your muscle tissue by eating high quality protein (5-10 grams), and replenish your muscle glycogen stores by consuming carbohydrates.

- IMAGERY & VISUALIZATION.**

Using imagery and visualization can help reinforce good technique for your jumps, spins and choreography while keeping a positive mindset in the pursuit of your skating goals.

- REFLECT ON THE TRAINING DAY.**

What went well in practice today? What did not go well in practice today? Did you accomplish your goals for the day? What goals do you want to accomplish tomorrow?

- EIGHT OUNCES OF WATER WITHIN ONE HOUR OF LAST TRAINING SESSION.**

Rehydrate your body with fluids and electrolytes post-training to support daily water needs and muscle elasticity.

## ASPIRE TO RECOVER