

YOUR RECOVERY CHECKLIST



POST GAME SHAKE
(4:1 RATIO OF PROTEIN TO CARBOHYDRATES)



DRINK LOTS OF WATER
(1L WATER PER 1KG OF BW LOSS DURING ACTIVITY)



ASLEEP BEFORE MIDNIGHT



NAPS (NO LONGER THAN 90 MINUTES)



RIDE THE BIKE (10 MINUTES)



FOAM ROLL (10-15 MINUTES)



MOBILITY (5-10 MINUTES)

