



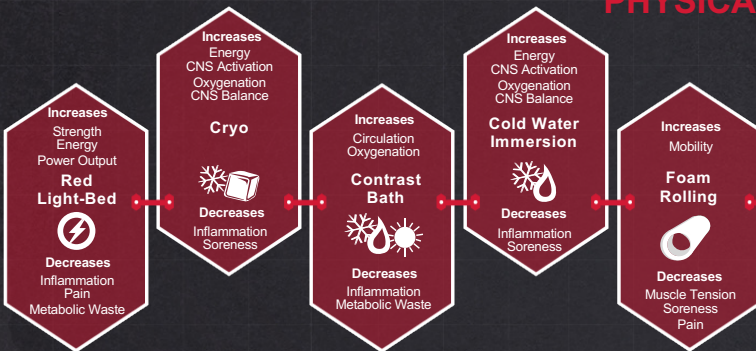
RECOVERY ROADMAP

Modalities for Individualized Recovery
Implementation Strategies for the Student-Athlete

Zzz SLEEP and NUTRITION

OPTIMIZING CONSISTENT SLEEP AND NUTRITION HABITS SHOULD BE THE STARTING POINT AND THUS FOUNDATION OF ALL RECOVERY EFFORTS

PHYSICAL



Light-Bed

Pre-Training Benefits

- Enhanced Strength & Energy
- Increased Mobility

Post-Training Benefits

- Anti-Inflammatory Response
- Reduced Oxidative Stress
- Reduced Pain

Optimal Dose

- 2-5X per week
- 15-20 min sessions

Cryo

Pre-Training Benefits

- Central Nervous System Activation
- Endorphin-Related Analgesia
- Anti-Inflammatory Response
- Positive Neuro-Endocrine Response

Post-Training Benefits

- Anti-Inflammatory Response
- Positive Neuro-Endocrine Response
- Decreased Core Body Temperature

Optimal Dose

- 2-5X weekly
- 3-min session
- Not ideally applicable within 90 minutes of intense training

Contrast Bath

Pre-Training Benefits

- Not Ideally Applicable

Post-Training Benefits

- Increased Circulation
- Anti-Inflammatory Response
- Clearing of Metabolic Waste

Optimal Dose

- 1-2X per week
- 6-12 Total Minutes

Cold Water Immersion

Pre-Training Benefits

- Not Ideally Applicable

Post-Training Benefits

- Anti-Inflammatory Response
- Positive Neuro-Endocrine Response
- Reduced Soreness
- Decreased Core Body Temperature

Optimal Dose

- 2-5X weekly
- 4-20 min session

Foam Rolling

Pre-Training Benefits

- Increased Mobility
- Reduction of Myofascial Adhesions

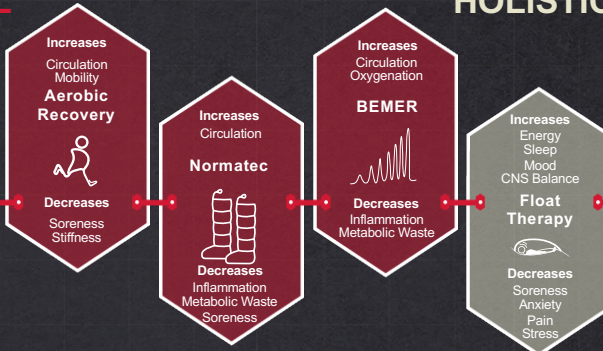
Post-Training Benefits

- Muscle Relaxation
- Restoration of Resting Muscle Length

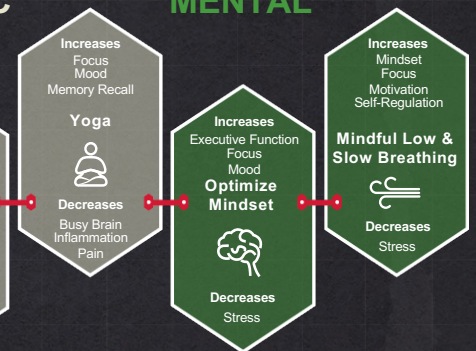
Optimal Dose

- Daily as Needed
- 2-10 min, 30-90s per muscle group

HOLISTIC



MENTAL



Aerobic Recovery

Benefits

- Accelerated return to homeostasis
- Reduce Oxygen Debt Accumulation
- Increased Aerobic Contribution during Interval Training
- Increased Muscle Blood Flow

Optimal Dose

- >20-30s Interval Training
- 10-30 min on Recovery Days
- 30-50% VO2 Max

Normatec

Pre-Training Benefits

- Not Ideally Applicable

Post-Training Benefits

- Positive Neuro-Endocrine Response
- Increased Circulation
- Reduced Soreness
- Anti-Inflammatory Response
- Decreased Muscle Stiffness

Optimal Dose

- As often as needed
- 10-30 Total Minutes

BEMER

Pre-Training Benefits

- Improved Circulation
- Increased Energy

Post-Training Benefits

- Positive Neuro-Endocrine Response
- Anti-Inflammatory Response

Optimal Dose

- 2X per day
- 8-minute sessions

Float Therapy

Pre-Training Benefits

- Not Ideally Applicable

Post-Training Benefits

- Improved Sleep, Mood
- Reduced Stress, Cortisol
- Reduced Pain / Soreness

Optimal Dose

- 1-3X per week
- 60 Total Minutes

Yoga

Pre-Training Benefits

- Improved Focus, Mood, Memory Recall
- Improved Mobility

Post-Training Benefits

- Decreased Busy Brain
- Decreased Cortisol, Inflammation, Pain, Muscle Tension, Hypertension
- Improved Focus, Mood, Calmness, Immunity, Sleep Quality, Memory

Optimal Dose

- 1-5X per week
- 30-90 Minutes

Optimize Mindset

Pre-Training Benefits

- Increased Executive Function
- Directed Focus
- Regulated Mood

Post-Training Benefits

- Enhanced Learning
- Rebound from Setbacks
- Reduced Stress
- Overcome Adversity

Optimal Dose

- Daily
- 5-60 seconds pre, during, or post training event

Mindful Low & Slow Breathing

Pre-Training Benefits

- Increased Focus
- Increased Motivation / Mindset
- Increased Self-Regulation

Post-Training Benefits

- Improved Sleep
- Reduction of Stress

Optimal Dose

- At Least 1X per day
- 20+ Total Minutes

