ATHLETE RECOVERY PROTOCOL

WITHIN 30 MINUTES

500-750ml isotonic or hypotonic drink	Essential	Complete 2 essential and at least 1 optional
50g carbohydrate and 15g protein	Essential	
Cool down: Light exercise and stretch	Optional	
Cold water immersion: 5 mins	Optional	

WITHIN 2 HOURS

100g carbohydrate and 30g protein	Essential	Complete 1 essential and at least 2 optional
Compression tights until bed	Optional	
Mobility and stretching	Optional	
Cold water immersion: 10-15 mins	Optional	

WITHIN 36 HOURS

Sleep minimum 8 hours	Essential	Complete 3 essential and at least 2 optional
Light bike, swim or walk, and stretch	Essential	
120g protein	Essential	
Contrast bath: 4 x 2 mins hot, 2 mins cold	Optional	
Foam roll	Optional	
Recovery pump trousers	Optional	
Deep tissue massage (after 24 hours)	Optional	

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THIS IS A GENERIC PLAN AND DOESN'T REFLECT THE ATHLETE'S SPORT, AGE, GENDER, PHYSIOLOGY, PREFERENCES, SCHEDULE, OR GOALS

GET A BESPOKE RECOVERY PLAN TAILORED TO YOUR EXACT NEEDS

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