

# SMJFL INTERLEAGUE: RECOMMENDED RECOVERY PROTOCOL



## Introduction:

Whilst it is commonly accepted to perform a recovery following an intense game, it is uncommon to have two games within two days. Therefore, recovery becomes even more important. There are 3 common areas of recovery – physical (active, stretching and cryotherapy (cold)), nutritional and psychological (relaxation). A combination of all is best. Please follow the guidelines below, modifying to suit what you are already familiar with. **Good diet, good sleep, stay active and stretch!** Remember – sleep is the single most important recovery method!

## Procedures:

Time/date	Recovery Method	Description
(1) Saturday pre-game preparation	Breakfast/meal – 3-4 hours pre-game Pre-game food – 1-2 hours pre-game	Eg. Wholemeal toast, eggs – high CHO Eg. light snack eg. small sandwich (low fat, low sugar)
(2) Saturday: 1-4 hours post-game	Nutrition: High protein, high CHOs. Low junk food (sugars, fats) Ice: apply to any painful areas eg. direct knock <i>Cold water immersion (optional)</i> Active movement: 15 minutes Static stretching: 15 minutes (hold 30 seconds)	Eg. Chicken&veg. Pasta/rice. High anti-oxidants (leafy veg). 15mins on/2 hrs off. <i>10-12 minutes in bay (12 deg) – up to hips. Keep top on.</i> Walk/light jog/stationary cycle. Main muscle groups eg. hamstrings, quads, groin
(3) Saturday evening	Nutrition: normal meal – high protein, high CHOs. Low sugars, fats. Ice: continue to apply Static stretching: 15 minutes (hold 30 seconds)	Eg. Chicken&veg. Pasta/rice. High anti-oxidants eg. green leafy vegetables, are great for recovery 15minutes on, 2hrs off. Main muscle groups eg. hamstrings, quads, groin
(4) Sunday morning	Nutrition: Ice: continue to apply to any painful areas Active movement: 20-30 minutes Static stretching: 15 minutes (hold 30 seconds)	Normal throughout day – reduce snacks/junk.  Light-moderate jog/cycle – include 4-5 x 10 second efforts
(5) Sunday afternoon/evening	Rest and Relaxation. Normal afternoon Active movement: 15 minutes Static stretching: 15 minutes (hold 30 seconds)	Without high intensity activity Walk/light jog/stationary cycle Main muscle groups
(6) Monday pre-game	As per Saturday pre-game Include Active movement: 15 minutes (after breakfast) Static stretch: 15 minutes (after breakfast)	

**\*\*NB: can wear compression tights as much as possible from Saturday to Monday morning**