

# 100 POINT WEEKLY RECOVERY CHECKLIST

[www.sagesportstherapy.com](http://www.sagesportstherapy.com)



## COMPRESSION GARMENTS

*Worn during travel (> 2hrs):*

*Worn during sleep (8hrs):*

**10pts**

**15pts**



## ICE THERAPY

**15pts**



## POOL RECOVERY SESSION

*Alternate swim strokes, running drills, stretching (20-30min):*

**10pts**



## HYDRATION CHECK

*Daily monitoring: pre and post training bodyweight*

*Fluid ingestion in litres = kg lost*

**5pts**

PER DAY



## ATHLETE RECOVERY DIARY

*Daily completion of recovery diary*

**5pts**

PER DAY



## MASSAGE / MANIPULATIVE THERAPY

*Deep tissue massage, myofascial / neural release, Self-Myofascial Release*

**15pts**



## STRETCHING

*Stretching session (30mins):*

*Pilates class:*

**5pts**

**10pts**



## NUTRITIONAL SUPPLEMENTS

*Nutrient timing strategies*

*Pre, during, post training*

**5pts**

PER DAY

**AIM TO ACCUMULATE 100 POINTS EACH WEEK TO ASSIST YOUR RECOVERY  
USE AT LEAST 3 DIFFERENT TECHNIQUES FOR OPTIMUM BENEFIT**