

100 POINT WEEKLY RECOVERY CHECKLIST

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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

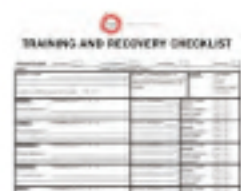


HYDRATION CHECK

*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):
Palates 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**