

Active Recovery Modality protocols post Game and 6-24 hours post game

Protocol → Modality ↓	Immediate post game/ train Short- ened recovery. Max 10 minutes	Immediate post game/ train extended recovery. Max 30 minutes	6-24 Hours Post session Max 60 minutes
Foam roll (See sheet)	None	Calves, Quads, Hamstrings, Pec- torals/Shoulders Long swooping passes of large muscle groups. DON'T SMASH TRIGGER POINTS IN COOLDOWN 60 s each (5 minutes)	Calves, Quads, Hamstrings, Pec- torals. Long swooping passes of large muscle groups. DON'T SMASH TRIGGER POINTS IN COOLDOWN 60 s each (5 minutes)
End Range stretching (see sheet)	None	Calves, Quads, Hamstrings Shoul- ders. Control micro movements in and out of end range for 30s. Then hold for 30s.	Calves, Quads, Hamstrings, Shoul- ders. Control micro movements in and out of end range for 30s. Then hold for 30s
Flow mobility sequences (see sheet)	World Greatest stretch Variation's. Flowing movement Very slow. Explore big ranges of motion over multiple joints. 5 minutes HR 100-125	World Greatest stretch Varia- tion's. Flowing movement Very slow. Explore big ranges of mo- tion over multiple joints. 5 minutes HR 100-125	World Greatest stretch Varia- tion's. Flowing movement Very slow. Explore big ranges of mo- tion over multiple joints. 5 minutes HR 100-125
Low intensity cardiovascular work	None	5-10 minutes low impact steady state cardio. I.E walking, cross training. HR 100-125	5-10 minutes low impact steady state cardio. I.E walking, cross training. HR 100-125 5-10 minutes. For short recovery (see left). Up to 45 minutes to elicit a larger aerobic base re- sponse.
Parasympa- thetic Breath- ing (See sheet)	Floor Belly breaths, Feet elevated belly breaths, All fours belly breaths. Total of 5 minutes. 3-4 seconds in. 2-3 hold. 4- 8 seconds out 2-3 hold and repeat.	Floor Belly breaths, Feet elevated belly breaths, All fours belly breaths. Total of 5 minutes. 3-4 seconds in. 2-3 hold. 4-8 seconds out 2-3 hold and repeat.	Floor Belly breaths, Feet elevated belly breaths, All fours belly breaths. Total of 5 minutes. 3-4 seconds in. 2-3 hold. 4-8 seconds out 2-3 hold and repeat.

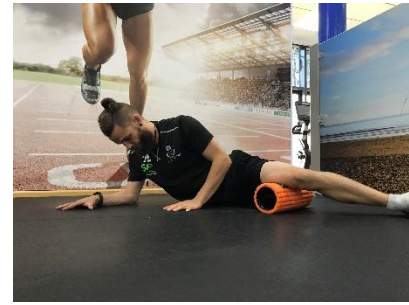
Rolling



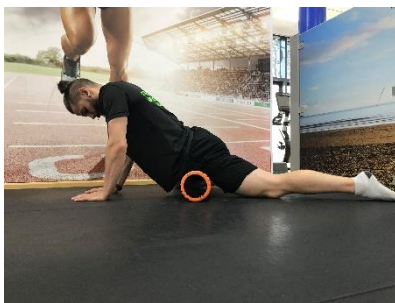
Calfs



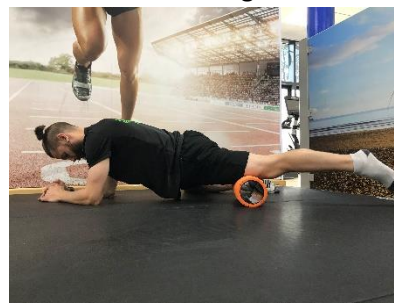
Hamstrings



Adductors



Hip Flexors



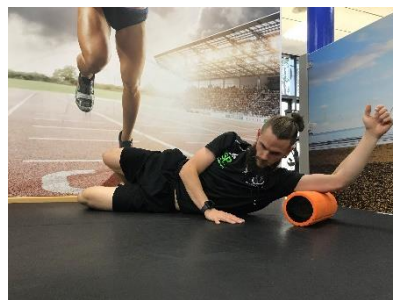
Quads



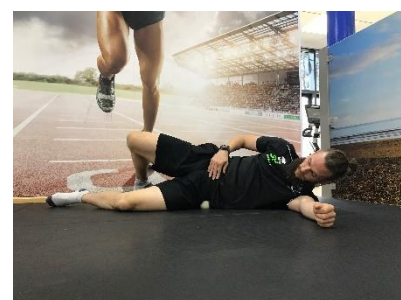
T spine



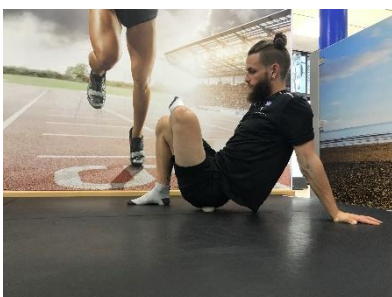
Latts



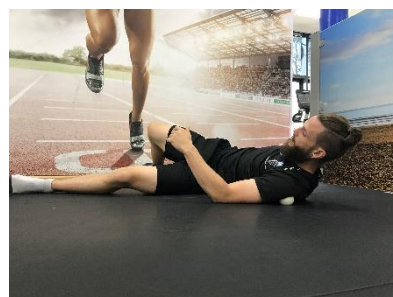
Triceps



TFL



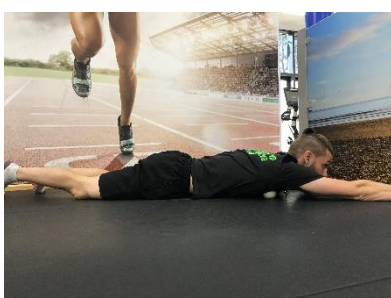
Glutes



Rear Delt



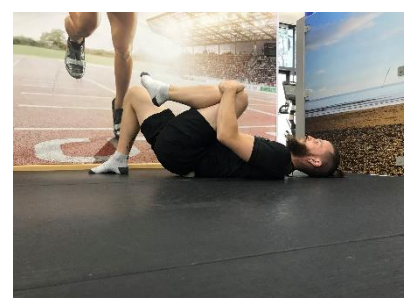
Traps



Pecs

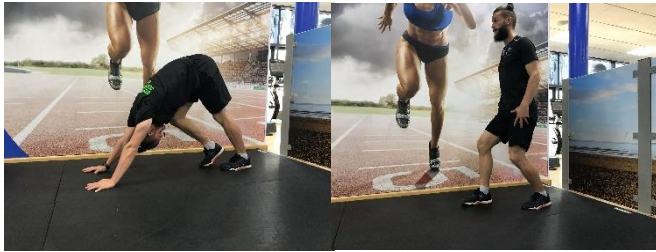


Front Delt

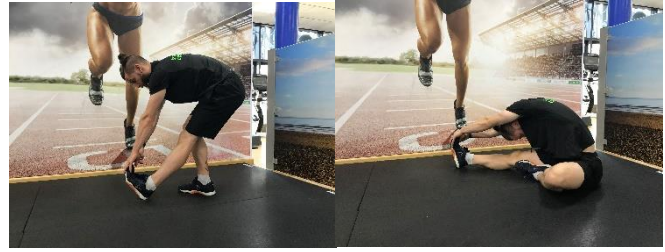


Lower Back

Stretching



Calfs



Hamstrings



Adductors



Glutes

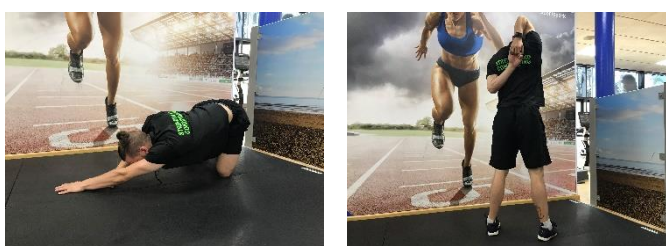
Triceps



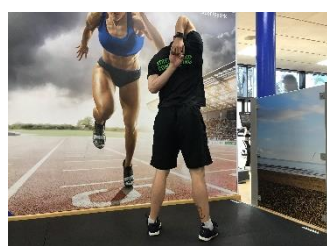
Hip Flexors



Quads



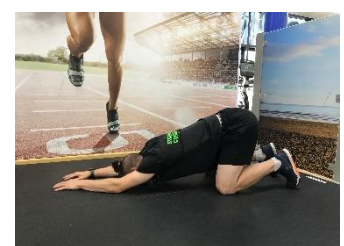
Latts



Shoulders



Traps



Back/T-Spine

Flow Sequences

Flow A. Step forward. And drop knee (hip flexor). Hands down. Push back and straighten knee (hamstring). Bend knee and put the elbow down to the inside of foot (hips and back) Hand up (T spine). Repeat alternating sides.



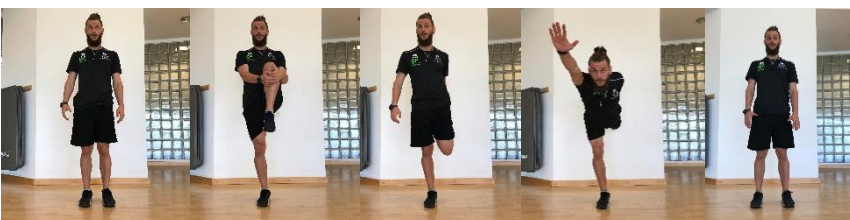
Flow B. Reach Tall (total body) Bend to touch toes (hamstring) Squat (hips) Hands up (T Spine). Sand and repeat.



Flow C. Start with a wide base or step sideways. Face forward (groin) Drop knee to floor and turn out (hips) reach to sky (Torso and shoulders)



Flow D. Knee Hug (hip) into foot grab (quad) and superman reach stretch (total body length.) Repeat both side



Flow E. Step backward and drop hands to floor (hips) level feet and drop hips to floor (back) Push back keeping bum high and chest out (back and shoulders. Reverse step up on opposite side (hips) and repeat.



Parasympathetic breathing

Parasympathetic breathing is done to reduce the 'fight or flight' response post training or post match. It will allow the body to enter into recovery faster. Any of the 4 positions can be done.

The object is to relax into a neutral position with a slight pelvis tuck. Air is drawn into the belly through the diaphragm.

Do breathing for up to 5 minutes to relax the body.

Focus on how breathing feels and where you feel it (belly)

3-4s in.

2-3 pause

4-8 out

2-3 pause and repeat

Position 1: All fours (bear)



Position 2: Laying feet flat (sit-up position)



Position 3: Laying feet elevated at around 90 degrees (dead bug)



Position 4: Laying face down arms folded (Crocodile)

