

Fatigue Fighters Checklist

by Angela Calder

After each training session

- Drink & eat
- Walk / move (at least 5 minutes)
- Stretch
- Hot / cold shower
- Switch-off from training

Evening / End of day

- Hot & Cold contrast shower / spa / sauna
- Stretch & self massage (especially legs)
- Practise relaxation 10 - 15 minutes before bed
(e.g. music, visualisation, breathing exercises)



Note:

Get up at the same time each day

Monitor and record how you feel each day



Great



OK



Tired / Stuffed

You need at least four hours between training sessions.

If the *fatigue fighters* don't work seek help
e.g. doctor, dietician etc.