

## Recovery strategies for different types of Training Fatigue

by  
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### **Fatigue: Metabolic (Energy Stores)**

**Occurs as a result of:** Games, training for 1 hour or more, or training several times a day, or over several days consecutively.

#### **Recovery Strategies:**

- First 5 minutes after exercise/game - *recovery your energy*
  - Check post-game weight.
  - Drink, eat, carbohydrates and protein.
  - Stretch while warm
  - Walk/move lightly for 3 - 5 minutes
- 5 - 10 minutes after exercise - *recover physically*
  - Shower - stretch and self massage
  - Alternate Hot/Cold showers 3 times.
  - Continue hydrating
- Within the first hour after training - *continue to recover*
  - Drink plenty of fluid
  - Have some more food
  - Use some relaxing music or techniques to unwind
- In the evening - *continue to unwind*
  - Hot shower/bath/spa - continue to hydrate
  - Stretch and self massage eg legs, feet, hips
  - Read, watch TV, relax, socialise
- 10 minutes before bed - *switch-off*
  - Use relaxation skills - visualise, music
  - Get out of bed if you can't sleep, try again
- Next day - *monitor your recovery response*
  - Record how you feel
  - Plan your day carefully
  - Pool Recovery - move through water for 15 - 20 minutes

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**Work Hard + Recover Well = Best performance**

**Fatigue:** **Neurological** Peripheral nervous system (muscles)

**Occurs from:** Weights, plyometrics, skill sessions

**Recovery Strategies:**

- First 5 minutes – rehydrate and refuel (some protein)
- 5 - 15 minutes spa/shower with jets on large and fatigued muscle groups, and contrast temperatures x 3 repeats of each
- 30 - 60 minutes or later in the day - massage using jostling/ shaking techniques
- Mentally relax

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**Fatigue** **Psychological:** Central nervous system (brain and spinal cord) system & emotional fatigue

**Occurs from:** Pressured games & training, social and emotional stress.

**Recovery Strategies:**

- Eat and hydrate well
- During Game - *stay in control*, eg visualise, breathing, positive self-talk
- After game/training - *unwind*, music, muscle relaxation, socialise, Movie etc
- 10 - 15 minutes before bed - *switch-off* from the day

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**Fatigue** **Visual**

**Occurs from:** Training / socialising in bright sunlight

**Recovery Strategies**

- Minimise glare - protect eyes with sunglasses
- Stay Hydrated and refuelled
- When not playing/training alternate focal distance regularly
- Limit time at computers or playing computer games
- Massage facial and neck muscles

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**Listen to your Body**

**Look after your Body**