

The day after a game or competition, your athletes may be sore, stiff and fatigued. What's the best thing to do? Get up and get moving! The idea of exercising the day after an intense workout or hard game is called **active recovery**.

The role of active recovery is to:

- reduce lactate concentrations after exercise
- allow the muscle to repair itself
- engage muscles that are tired or sore from the previous day



Active recovery focuses on completing a workout at a low intensity, but just high enough to get the blood moving and helping to reduce residual fatigue in the muscle. A good **active recovery** workout measurement is 50-60% of the maximal intensity exercise.



Some of the most accessible team options for an active recovery day would be:

- Running
- Biking
- Yoga
- Swimming

If you have practice the day after a game or competition, here are some suggestions to reduce the intensity and accommodate **active recovery**:

- Pair high intensity drills with low intensity drills to increase blood flow without entering a fatigued state.
- Work on repetitive skills at a medium intensity to promote blood flow and dissipate lactate, while still improving on a skill set.
- Allow for a lengthened active cool down and stretching session at the end of practice.

