

SECTION B – Train For Fast & Noticeable Improvement

Module 10: Recovery Sessions That Will Make You Feel Brand New Every Morning

Take care of your body, so we can continue to train and move forward.

It's difficult to be consistent and intense with your training when you're constantly sore and stiff. How your body feels each day will be directly related to the recovery work you do.

A 25 Minute *Recovery Session* that can be completed anywhere regardless of time, weather, or location – will ensure that we:

- Reduce soreness and stiffness
- Decrease chance of injury
- Increase mobility and flexibility
- Increase motivation due to feeling fresh
- Prolong playing career
- Allow you to continue training while others players are sore

How are we going to be consistent?

1) Two alternatives (no excuses)

You won't be able to make any excuses because I've given you two different recovery sessions: at home & gym.

I would also encourage you to use a combination of both recovery sessions throughout the week to get the best benefits.

2) Tension release

You're objective and mind-set during every recovery session should be to remove tension and tightness from your body. When completed, you should feel as if you could potentially play another game if you had to.

Become aware of your body. Where is the soreness? Can you relieve this tension during the session? Instead of focusing on time elapsed during stretches or exercises, focus on tension released.

3) Most important session of the day (don't skip this one)

Everyday is going to be different and you must plan your days differently, depending on your personal schedule (module 5) and body awareness (module 17).

At a maximum you could train 4 times per day. However, there is one session you should never miss. This is your recovery session. This is the absolute minimum you do in a day.

If you need to, you will be able to complete the session at home within 25 minutes before bed. More importantly, this recovery session will allow you to come back feeling fresh and brand new each morning.

It will increase your energy levels and reduce muscle soreness, which will translate into motivation and more positive forward momentum.

What is the recovery session?

Gym Recovery Session

Optional: 5 minutes upper body pump

1) Hot tub:

5 minute relax

5 minutes stretches:

2) Cold Pool:

breathe holds + 2 lengths (x 3 sets)

3) Steam Room:

5 minutes relax

5 minutes stretches

At Home Recovery Session

1) Foam Rolling (x 15 minutes)

2) Static Stretching (x 10 minutes)

**Best to feel your body and relieve specific tension but here is a list of specific muscle parts to target (refer to video if you need reference):*

x 30 seconds per stretch (focus on tension relief over time)

Upper Back

Glute

Hip

Groin

Quad

IT Band

Shins

Calves