

# Recovery

Maximizing Performance Through  
Strategic Rest and Preparation



**Nebraska**  
**Strength & Conditioning**

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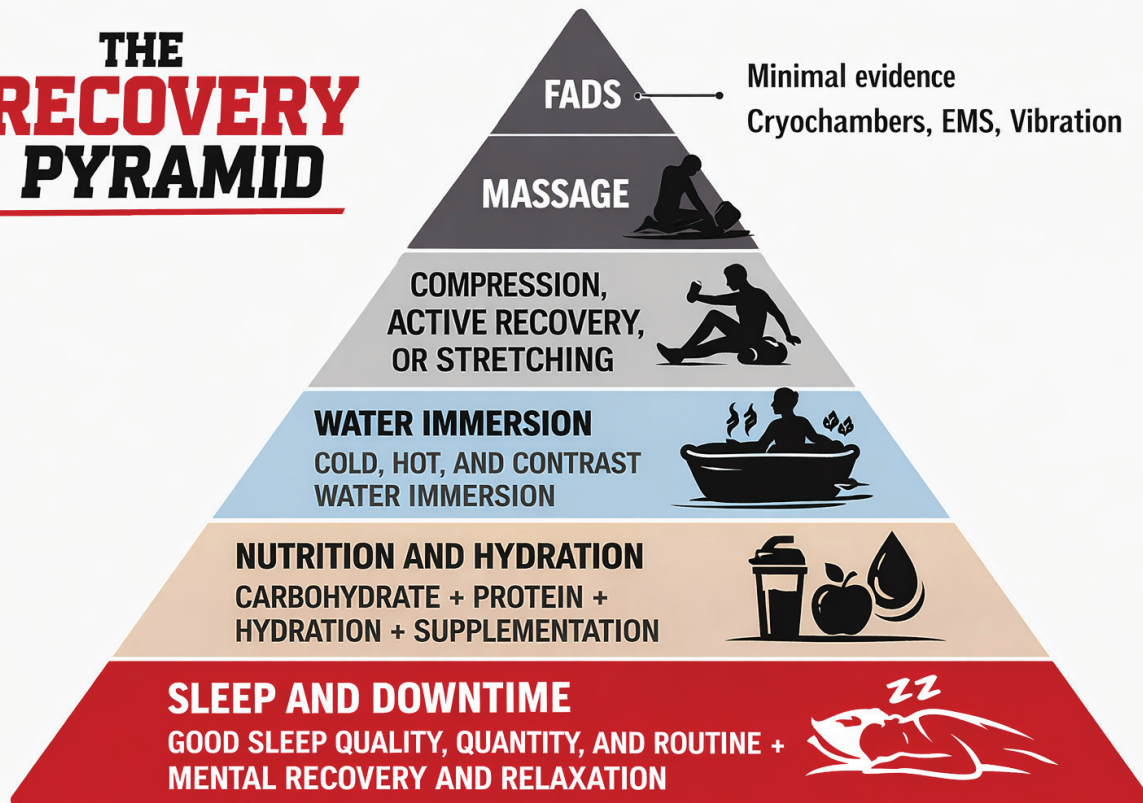


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# THE RECOVERY PYRAMID



Recovery is a multi-layered process. To perform at your peak, you must prioritize the foundational levels before moving to specialized techniques:

## Foundational Pillars

### 1. Sleep & Downtime

Quality sleep is the most powerful recovery tool available to an athlete

- **Duration:** Aim for **7-9 hours** of quality sleep per night
- **Consistency:** Maintain a steady sleep-wake cycle, even on off-days, to regulate your circadian rhythm
- **Environment:** Keep your room dark, quiet, and cool. Avoid electronic devices for **30-60 minutes** before bed to minimize blue light exposure.

## 2. Nutrition

Post-exercise nutrition jumpstarts the muscle repair process

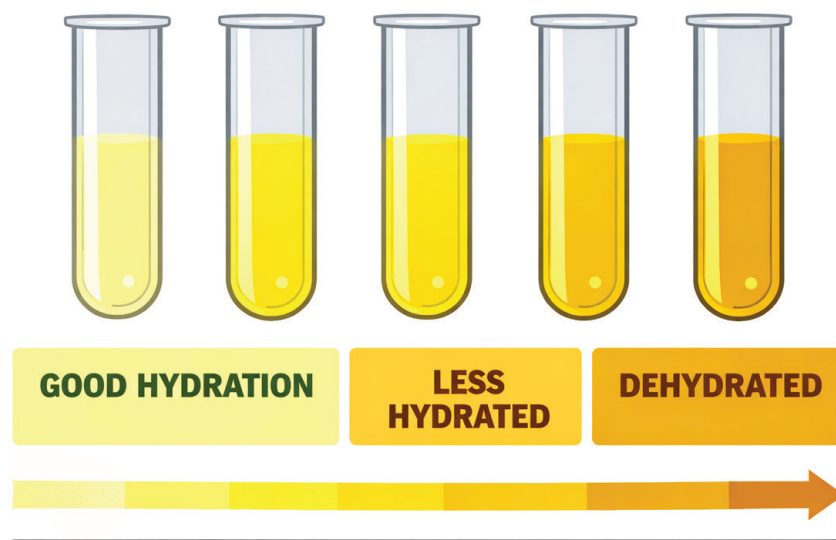
- **The Window:** Consume a meal or snack within **30-60 minutes** after intense training
- **Refuel:** Use carbohydrates to replenish glycogen stores
- **Repair:** Aim for **20-40 grams** of high-quality protein to aid muscle growth

## 3. Hydration

Consistent fluid intake is essential for maintaining blood volume and regulating body temperature

- **Daily Target:** Consume at least **half your body weight** in ounces of water daily (e.g. 150lb athlete = 75oz)
- **Monitor:** Use urine color (aim for pale yellow) and pre-/post-training body weight to track hydration status
- **Electrolytes:** Use sports drinks during prolonged or intense exercise, especially in the heat, to replace sodium and potassium lost through sweat

### Pee Color Hydration Test



# Strategic Recovery Methods

## Water Immersion Protocols

Method	Goal	Protocol
Cold Water	Reduce swelling, inflammation, and pain	52-59 F for 11-15 minutes (Total Body, no head)
Hot Water	Ease muscle tension and improve blood flow	96 F+ for up to 20 minutes
Contrast Therapy	Create a “pumping” effect to clear metabolic waste	1:1 ratio of hot to cold for 6-12 minutes

## Active & Passive Supplements

- **Active Recovery:** Engage in **20-30 minutes** of low-intensity activity (walking, light cycling) where you can easily hold a conversation
- **Compression:** Use compression garments to improve circulation and reduce swelling after intense sessions
- **Self-Myofascial Release:** Use foam rollers on tender spots for **30-60 seconds** to address tight muscle groups
- **Mindfulness:** Dedicate **5-15 minutes** to deep breathing or meditation to promote mental and physical relaxation



**Short Nap Success**  
If napping, keep it to 20–30 minutes. Anything longer can cause grogginess and disrupt your nighttime sleep schedule

# Athlete Daily Recovery Checklist

## Foundation: Sleep & Downtime

- Active Recovery:** Did I get 7-9 hours of sleep?
- Compression:** Did I go to bed and wake up at my scheduled time?
- Self-Myofascial Release:** Were screens off 30-60 minutes before bed?
- Mindfulness:** Was my room cool, dark, and quiet?

## Fuel: Nutrition

- Post-Training Window:** Did I eat a protein and carb snack within 60 minutes of finishing?
- Protein Target:** Have I consumed 20-40g of high-quality protein with my recovery meal?
- Whole Foods:** Have I eaten at least 3 servings of fruits or vegetables today?

## Flow: Hydration

- Daily Volume:** Did I drink at least half my body weight in ounces of water?
- Urine Test:** Is my urine pale yellow?
- Replacement:** Did I drink fluids during my session to replace sweat loss?

## Focus: Active & Passive Recovery

- Mobility:** Did I complete at least 5-10 minutes of stretching or foam rolling?
- Mental Check:** Did I take 5-15 minutes for deep breathing or relaxation?
- Strategic Hydro:** If used, did I follow the correct temperature and time protocol?

