



## COMPRESSION GARMENTS

*Worn during travel (> 2hrs):*

*Worn during sleep (8hrs):*

**10pts**

**15pts**



## ICE THERAPY

**15pts**



## POOL RECOVERY SESSION

*Alternate swim strokes, running drills, stretching (20-30min):*

**10pts**

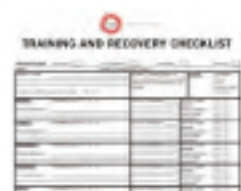


## HYDRATION CHECK

*Daily monitoring: pre and post training bodyweight  
Fluid ingestion in litres = kg lost*

**5pts**

PER DAY



## ATHLETE RECOVERY DIARY

*Daily completion of recovery diary*

**5pts**

PER DAY



## MASSAGE / MANIPULATIVE THERAPY

*Deep tissue massage, myofascial / neural release,  
Self-Myofascial Release*

**15pts**



## STRETCHING

*Stretching session (30mins):  
Palates class:*

**5pts**

**10pts**



## NUTRITIONAL SUPPLEMENTS

*Nutrient timing strategies  
Pre, during, post training*

**5pts**

PER DAY