

ACTIVE RECOVERY CHECKLIST

Be a post-season champion

An active recovery period is a normal time in an athlete's training plan. After long periods of intense preparation and competition, athletes have a high level of physical and mental fatigue. This planned recovery period (post-season) is a necessary part of the yearly training plan in order to fully regenerate from the physical & emotional demands of the competitive season & to be ready to train again. This year's active rest period will be different than what you had originally planned but it can still be focused & purposeful. During this time in the season (approximately 3-6 weeks), you should engage in low intensity training and activity to maintain sufficient levels of aerobic fitness, strength and lean body mass.^{1,2}

4 PHASES OF A SPORT SEASON

Phase	Objective	Intensity
General Prep (Off-season)	Develop a conditioning base	Low to moderate
Specific Prep (Pre-season)	Improve factors important to performance	Moderate to High
Competition (In-season)	Maintain factors important to performance	Variable based on competition schedule
Active Rest (Post-season)	Recover from competitive season	Low



AEROBIC ACTIVITY



This is a great time to do some steady-state cardio at a moderate, sustainable pace. On a scale of 0 to 10 where 0 means you're sitting reading a book and 10 refers to an all-out effort—you should be working at an effort between 4 and 6 for 30 to 60 minutes.



WARM UP & SELF CHECK-IN

Start activity sessions with a dynamic, multi-planar warm up, which can serve as a self-check in - what's feeling good / bad / restricted today?



FOUNDATIONAL MOVEMENT



RESISTANCE WORK

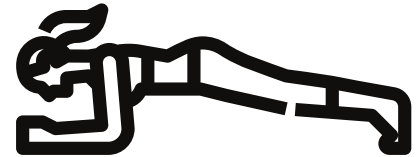


Take this time to work on the quality of your basic movement competencies and address the foundation level of the building blocks of performance.³ Work on the global patterns that underpin all human movement, including body weight squats, lunges, bends, pushes and pulls.



MOBILITY & STABILITY

Use mobility, control, and stability exercises that can build a strong core & help with power production, including abdominals, low back muscles, glutes, hip flexors, and hip adductors. Exercises may include variations of breathing practice, bird dogs, dead bugs, glute bridges, planks, etc.



'PRE-HABILITATION' EXERCISES



Spend regular time on any exercises that your trainer or physio may have given you to address your individual imbalances or to improve your structural tolerance. These exercises may focus on some combination of mobility, control, stability and strength, and will improve your ability to perform the required work when the training season starts.

TRY SOMETHING NEW

Participate in a range of activity modes — a chance to try something that includes different skills, movement patterns and muscle groups than those focused on in the training and competitive seasons. Aside from taking part in other sports, this can include various forms of strength training, natural movement such as crawling, hanging, rolling, and balancing, or yoga/Pilates style exercise.

****Continue to connect with your strength and conditioning coach for specific guidance &/or questions ****

1. Baechle, T.R., & Earle, R.W. 2008. Essentials of Strength Training and Conditioning. 3rd ed. Human Kinetics, Champaign, IL

2. Bompa, T.O. 1999. Periodization; Theory and Methodology of Training. Human Kinetics, Champaign, IL

3. Jordan, Matt. 2020. Canadian Sport Institute, Calgary.