

# 100 POINT RECOVERY

**RECOVERY IS A MASSIVE PART OF ANY TRAINING PROGRAM AND EVEN MORE SO FOR A SPORT AS PHYSICAL AS RUGBY. WE WANT YOU TO BE ABLE TO GET THE BEST FROM OUR PROGRAMS WHICH MEANS YOU NEED THE BEST FROM YOUR RECOVERY. SO AFTER A HEAVY GYM DAY OR AFTER GAME DAY YOU NEED TO HIT 100 POINTS ON THIS TABLE. ON A LIGHT DAY OR AN OFF DAY YOU SHOULD TRY AND HIT 60 POINTS AT LEAST**

<b>POINTS</b>	<b>ACTIVITY</b>
50	20 MINUTES SWIM IN POOL OR OCEAN
50	30 MINUTES MASSAGE
30	15 MINUTES COLD WATER IMMERSION
30	15 MINUTE STRETCH SESSION
30	WEAR SKINS FOR AT LEAST 1 HOUR
30	3 X 3 MINUTES COLD; 1.5 MINUTES HOT CONTRAST
20	TEMPO RUN RECOVERY SESSION
20	DAILY MOBILITY PROGRAM
20	15 MINUTES SPIN BIKE
20	15 MINUTES WALK ON FIELD
20	15 MINUTES FOAM ROLLER SESSION