The better your recovery…the more consistently you will swim throughout the meet

Change out of suit-Why?

- ✓ Allows greater range of relaxed motion and enhances blood flow
- ✓ Reduces amount of time racing suit is stretched for

Full Swim Down-Why?

- ✓ Maintains blood flow
- ✓ Increase lactate oxidation→ **resynthesize** back into usable energy for the next race and **beyond**
- ✓ Use full range of motion= pump more blood through the muscle to allow the above to happen and bring HR back to rest.

Recovery

-8 mins	-12 minutes	-16 mins	-45 minutes
200m Easy Swim	Change out of suit (girls, shoulders only)	Recovery Nutrition (snack & drink)	Full swim down 1,000m – 1400m min.

60% of your muscle mass is below the waist-keep the **legs** moving to aid recovery

Immediate flush-Why?

- ✓ Keeps blood flow high and **avoids lactic acid pooling** in the muscle
- ✓ Increase in oxygen delivery starts recovery process
- ✓ Allows your mind to reset and refocus

Foam roll-Why?

- ✓ Prevents soreness, tightness and injury
- ✓ Friction keeps the muscles warm + increases blood flow= recovery lasts longer
- ✓ Maintains muscle temperature in between races

Refuel-Why?

- ✓ Replenishment glucose/fat stores used up during a race ready for the next
- ✓ Allow muscles to rebuild and repair from damage caused during a race
- ✓ Replaces important electrolytes lost during sweat