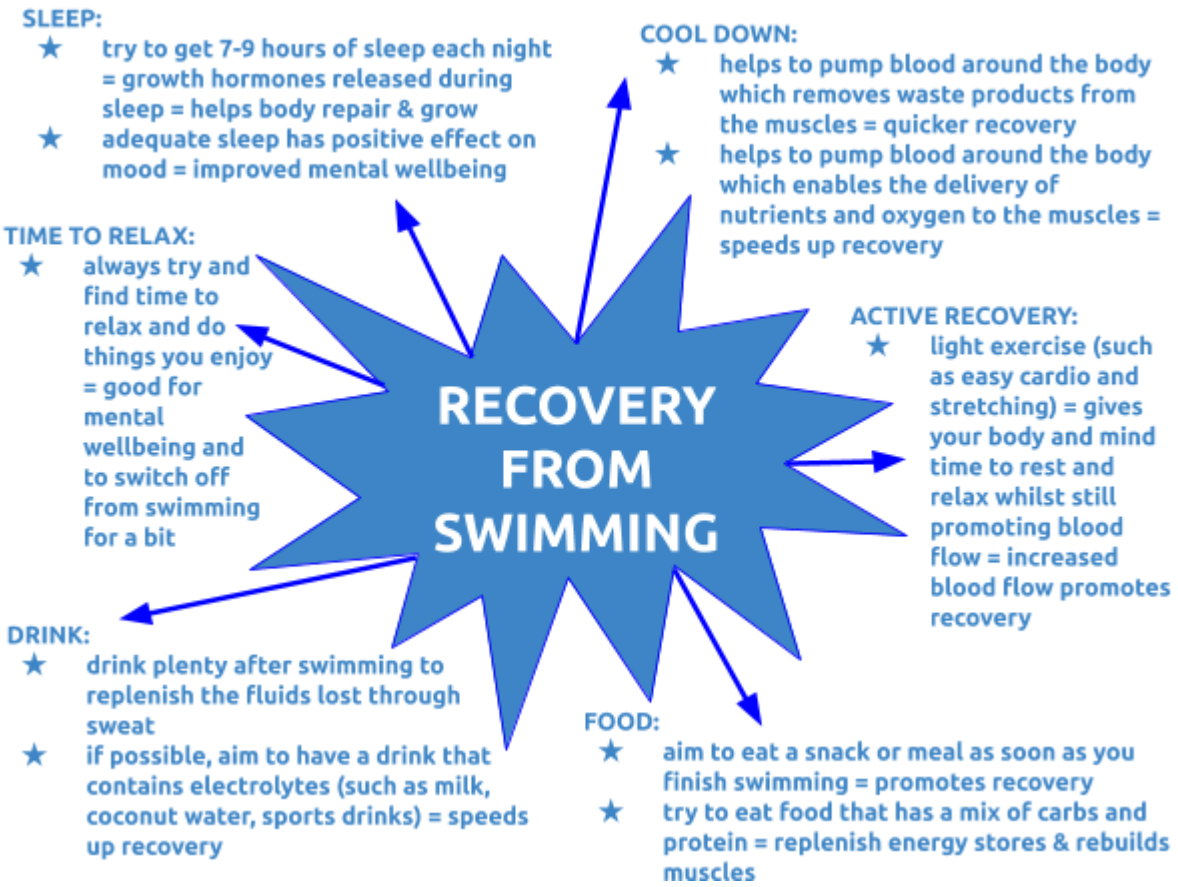

RECOVERY FROM SWIMMING
SLEEP:
★ try to get 7-9 hours of sleep each night = growth hormones released during sleep = helps body repair & grow
★ adequate sleep has positive effect on mood = improved mental wellbeing
COOL DOWN:
★ helps to pump blood around the body which removes waste products from the muscles = quicker recovery
★ helps to pump blood around the body which enables the delivery of nutrients and oxygen to the muscles = speeds up recovery
TIME TO RELAX:
★ always try and find time to relax and do things you enjoy = good for mental wellbeing and to switch off from swimming for a bit
ACTIVE RECOVERY:
★ light exercise (such as easy cardio and stretching) = gives your body and mind time to rest and relax whilst still promoting blood flow = increased blood flow promotes recovery
DRINK:
★ drink plenty after swimming to replenish the fluids lost through sweat
★ if possible, aim to have a drink that contains electrolytes (such as milk, coconut water, sports drinks) = speeds up recovery
FOOD:
★ aim to eat a snack or meal as soon as you finish swimming = promotes recovery
★ try to eat food that has a mix of carbs and protein = replenish energy stores & rebuilds muscles