

RECOVERY POINT GAME

The purpose of this is to accumulate as many points as possible to enhance your recovery. The most powerful recovery modalities will give you the most points. Sleep and nutrition are by far the most powerful and are a non-negotiable.

- Heavy training days/game days **>80 Points**
- Moderate training days **>60 Points**
- Light training days **>40 Points**

Recovery Type	Points
8+ Hours good quality Sleep	30
6-8 good quality Hours	25
Hitting daily nutritional/hydration goals	25
60m Relaxation Massage	20
30 minute light walk/swim/cycle	20
30 minute Relaxation/Meditation/Power Nap	20
Contrast Bath 3 Mins Hot: 3 Mins Cold for 3 rounds	15
Spending quality time with loved ones	15
Foam Rollings/Stretching/Trigger Ball 10	10