

ALL OFFALY PLAYERS ARE EXPECTED TO HIT **100 POINTS** EACHWEEK ON OUR RECOVERY SYSTEM WHICH IS AS FOLLOWS



RECOVERY HAS TO BE OPTIMISED AND INDIVIDUALISED JUST LIKE TRAINING

THIS IS MORE OR LESS THE SAME RECOVERY SYSTEM THE TOP AFL TEAMS USE BUT IT'S PERFECT DURING THE PLAYING WEEK ESPECIALLY AFTER OUR HARDEST SESSIONS.



YOU SHOULD AIM FOR **100 POINTS**

**50 POINTS** FOR 20 MINS SWIM IN SEA OR POOL

**50 POINTS** FOR 30 MINS MASSAGE

**50 POINTS** FOR WARM EPSOM SALT BATH

**30 POINTS** FOR 15 MINS COLD IMMERSION

**30 POINTS** FOR 15 STRETCH SESSION

**30 POINTS** FOR 1 HOUR OF SKINS WEARING

**30 POINTS** FOR 3X3 MINUTES COLD; 1.5 MINS HOT CONTRAST

**20 POINTS** FOR PROTEIN SHAKE

**20 POINTS** FOR 20 MINS SPIN BIKE FLUSH

**10 POINTS** FOR 15 MIN WALK

**10 POINTS** FOR 15 MINS FOAM ROLLER SESSION

**10 POINTS** FOR SAUNA

**10 POINTS** FOR POST WORKOUT SHAKE AFTER TRAINING OF ANY KIND