



Therapeutic Associates

L.O. PHYSICAL THERAPY

Recovery: The Key to a Successful Season

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I'm sure most of you have heard that it is more important to train smart than to train hard but don't really understand what this means. Great athletes are able to reach their full athletic potential by training consistently. Consistent smart training is what creates great athletes and great swimmers. In order to train consistently you need to stay focused, stay injury free, and be dedicated to get the most out of your training.

In order to gain the maximum benefit from your workouts you need to recover correctly. Recovery is the most important aspect of almost any workout and it is often the most overlooked and underappreciated. Recovery strategies are vital for successful swimming and few athletes know how to properly recover or prepare for a workout, so I have included a recovery scoring guide (Recovery Scoring Guide 1 .doc) for the use of all your swimmers. This recovery guide has been used by college athletic programs to help provide valuable information on how their athletes are recovering and what areas they need to improve on. I recommend all high level swimmers do this recovery guide for at least one consistent week then look for areas that you can improve on. If you maximize your recovery you will maximize the results of your workouts and reach your swimming potential.

I have included a copy and it can be downloaded at: www.training-conditioning.com/RecoveryGuide.doc

Tips for proper recovery Strategies:

1. ***Nutrition:*** This is one of the most valuable aspect of recovery. Research shows many valuable results to eating a good breakfast, a pre-workout snack no later than an hour before practice, and a post workout recovery snack within 60 minutes that includes H₂O, electrolytes, carbohydrate, easily digested protein, and H₂O. Low fat chocolate milk is shown to be a good recovery drinks available as long as you can tolerate dairy.
2. ***Sleep:*** It is vital to get at least 8 hours of continuous sleep per night for tissue repair. You may need more if you are growing as well. Try to keep sleeping times consistent and don't go to bed late at night.
3. ***Regular Post-Workout Recovery Strategies:*** proper cool down, stretching, **foam rolling**, contrast shower, recovery snack/drink, massage, icing/ice bath, nap, or quiet time.

A friend of mine, Terry Favero PhD, wrote a great article about rest and recovery (can be found in Training and Conditioning Magazine online at www.training-conditioning.com/2009/08/02/the_rest_of_the_story/index.php) which includes some information from research that he has done with high school and college athletes. It has some valuable information for athletes, coaches, and parents of all ages.