



100 POINT WEEKLY RECOVERY CHECKLIST

In this day and age, there are numerous ways to plan and record your training – training diary, Strava or spreadsheet to name just a few. Keeping a training diary, in whatever form, allows you to monitor your workload and compare times and performances from previous years. This data can then help you plan your training into the future.

To maximize performance, athletes require a delicate balance between training stress and recovery. Without adequate recovery, an athlete will not achieve his or her full performance potential due to the accumulation of progressive fatigue, often termed overtraining syndrome. Therefore, optimizing recovery is an essential component of the overall training plan.

That’s where the 100-point weekly recovery checklist comes in. This checklist was developed for the Indonesian Olympic Team to use during preparation for the Beijing Olympic Games, and since modified by Sommet Recovery Systems with the latest recovery modalities.

To reduce the stress/fatigue state and to optimize recovery, the elite athletes were encouraged to achieve 100 points on the weekly recovery checklist. The athletes were encouraged to select two or more daily recovery strategies (Table 1), with strategies from each recovery focus area used at some point during the week. Checklist instructions are outlined in Table 2. This 100-point target can also be modified depending on the stage of training. For example, when in really heavy base training, you may wish to aim for 120 points of recovery, as opposed to the off season when you may only require 60 points or so.

Discuss these strategies with you coach and work out the best ways to implement them into your weekly program. For more information please contact Sommet Recovery Systems on support@sommetrecovery.com.au

Table 1. Recovery Strategies, Descriptions and Points Value

RECOVERY STRATEGY	DESCRIPTION	RECOVERY POINTS
Compression Garments	Worn during travel / awake	10 points
	Worn during sleep	15 points
Compression Boots	30 minutes usage	10 points
Contrast Water Therapy (Hot/Cold Shower)	Alternate 1 min hot/30 secs cold, repeated 10 times	10 points
Hydrotherapy (Pool Recovery Session)	Alternate Swim Strokes / pool running/Stretching (20 mins)	10 points
Hydrotherapy	Salt water therapy at beach (20 mins)	10 points
Hydration Monitoring	Fluid ingestion 1.5l per kg lost in bodyweight during training	5 points
Massage and Manipulation	Deep tissue massage	15 points
	Roller, massage ball, massage gun	10 points
Stretching and mobility	Post workout and on easy days	5 points
Nutritional Supplementation	Pre/during/post session nutrient ingestion	5 points
8 hours good sleep	Points for each day	5 points
Infrared Therapy	Use of infrared sauna	10 points
	Localised infrared light	5 points
Yoga / Pilates	Easy session 30 minutes	10 points
Cryotherapy	10 minutes in Ice Tub	10 points
EMS (Electrical Muscle Stimulation)	15 minutes	10 points

Table 2. Checklist Instructions

Every time you use a recovery activity, the allocated points are added to your weekly total
Use two or more recovery activities daily
Strategies for each recovery focus area must be used during the week.
Write your daily recovery points in your training diary.
Your goal is to achieve 100 weekly recovery points

References

1. Robson-Ansley PJ, Gleeson M, Ansley L. Fatigue management in the preparation of Olympic athletes. *J Sports Sci.* 2009;1-12