



USA Wrestling

Comprehensive Recovery Protocol During Training

Recovery Protocol	Details
<p>Step 1: Nutrition – repair muscle, replenish glycogen, rehydrate</p>	<p>Within 15 mins of hard training eating 0.5-1g carbohydrate pre KG body weight, 10-20g protein, replace 16oz fluid for each lb lost in training. Having this small snack also helps with weight control as athletes tend to not over eat at the next meal. Takes planning by athlete and organization Examples include:</p> <ul style="list-style-type: none"> • 1-2 cups chocolate milk • Greek yogurt + banana • Sport nutrition bar – eg. Cliff builder • Recovery shake (homemade, core power or muscle milk)
<p>Step 2: Physical/Muscular recovery – helps to decrease inflammation, improve circulation to remove waste products and acidity</p>	<p>Should happen 3-4 times per week especially after lactic acid training and hard training session days. Athlete should choose:</p> <ul style="list-style-type: none"> • After high intensity training session – active recovery to clear lactic acid (light cycling for 20 mins; active cool down) • Cold plunge bath - 10 mins in cold tub (~40F) • Massage or physio work – eg. flushing type massage • Compression to increase circulation – using Normatech pants or heavy compression garments
<p>Step 3: Sleep and rest – helps for mental recovery as well as deep cellular healing</p>	<ul style="list-style-type: none"> • Resting during the day in between training or competition, but not longer than 30min naps. • Aiming for restful sleep each night – minimum 8 hours • If athlete has had poor quality sleep, training should be backed off a bit. If this is a chronic issue – needs to talk to a professional like sport psych or MD.



Recovery Protocol During Competition

Wrestling Active Recovery Protocol Scenarios

Cycling intensity is very important for the most effective active recovery plan. Use the following scale to direct the appropriate cycling intensity:

1-10 Borg Scale of Perceived Exertion	
0	Rest
1	Really Easy
2	Easy
3	Moderate
4	Sort of Hard
5	Hard
6	
7	Really Hard
8	
9	Really, Really Hard
10	Maximal

30 minutes between matches

Spin immediately post-match:

- 3 minutes, level 4 – 5 (SORT of HARD - HARD) +
- 4 minutes, level 2 (EASY)
- 15 g carbs during spin (1/2 banana, ½ gel, 3-4 sport gummies, ½ bottle gatorade)

1 hour or more between matches

Spin immediately post-match:

- 5 minutes, level 4 – 5 (SORT of HARD - HARD) +
- 10 minutes, level 2 (EASY)
- 15 g carb during spin (see above)