

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:

- 2 minutes, level 4 – 5 (SORT of HARD - HARD) +
- 3 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)

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.

Nutrition for Competition

24-48 hours before weigh-in

- Cut back on sodium to facilitate excretion of excess fluid
- Eat a low-fiber diet to reduce bulk and extra weight in the intestinal tract
- Eat high quality, antioxidant rich foods during calorie restriction
- Multivitamin



Between weigh-in and first match

- Start replacing fluids immediately
- Carbohydrate stores (glycogen) are depleted during dehydration, therefore, carbohydrate replacement is critical
 - Consume easily digestible carbohydrates
 - Consume less high-fiber foods that take longer to digest
- Consuming sodium and carbohydrate will increase rate of fluid absorption
- Typical sports beverages do not have enough sodium to facilitate rehydration
- Drinks with low sodium content (colas and sport beverages) are ineffective for rehydration and will:
 - Reduce the stimulus to drink
 - Increase urine production
- Unlikely to consume enough sodium in beverages, therefore salt food liberally between weigh-in and first match

During competition day

- Be sure to get adequate carbohydrates, protein, and fluid morning of competition
- Throughout day:
 - Consume small volume snacks or drinks
 - Consume beverage containing 70-166 mg sodium + 14-17 g carbohydrate per 8 oz (6-7% carbohydrate solution)
 - Protein may help with mental alertness and perceived exertion and post-activity recovery, but is not a major source of energy during activity
- DON'T TRY ANYTHING NEW!

At end of competition

- Protein is needed for muscle synthesis and repair, so make sure to consume high quality protein at the end of the competition day
- Immune system depressed by rapid weight loss, so consume high quality, antioxidant rich foods (susceptibility to infections appears to be high in recovery period after competition)

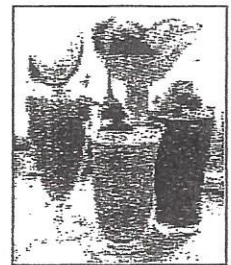
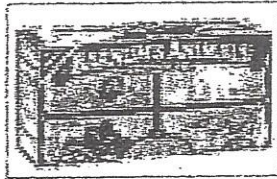
Factors that dictate type and amount of nutrient intake on competition day:

Past experience

Gastrointestinal tolerance

Time between matches

Storage availability (e.g. refrigeration)



Sample Snacks

Low-fat fruit yogurt

Fresh and dried fruit

Nuts/ Trail Mix

Lean cold meat sandwich

Peanut butter and jelly sandwich

Tortilla roll with peanut butter

Breakfast/ cereal/ energy bar

Smoothie

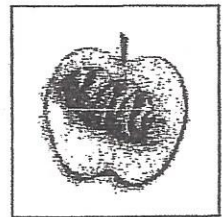
Graham and animal crackers

Fig Newtons

Dry cereal

Pretzels

Apple sauce



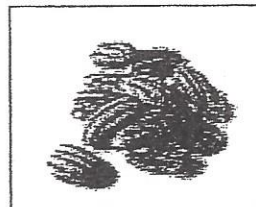
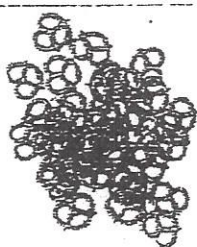
Liquid meal supplements:

Carnation Instant Breakfast

Ensure

Boost

Chocolate milk



YOU TRAIN TOO HARD TO LET SOMETHING LIKE JET LAG, FOOD POISONING, DEHYDRATION OR CATCHING A COLD IMPACT YOUR WORLD CHAMPIONSHIP PERFORMANCE. GOOD NEWS IS THAT WITH PROPER PLANNING – ALL THESE THINGS CAN BE PREVENTED!

BEFORE THE TRIP (1 week out) CHECKLIST

Priming your body for health:

- Multivitamin once a day
- 3 fruits a day, vegetables at lunch and dinner
- Order any special meal options for the plane (Eg. vegetarian options)
- Probiotic yogurt 1-2 times per day
- Get Organized: Go grocery shopping and pack plane snacks + hand sanitizer + a "stash" of healthy foods for the trip

SHOPPING LIST FOR NUTRITION ITEMS (Before you leave or on arrival)

Beverages/Sport Drinks:

- Re-fillable water bottle
- Shaker cup (for shakes)
- Sport Drink (I.e. Powerade)
- E-lytes tabs

Supplements/Bars

- Multivitamins/Vitamin C tabs
- Carnation Instant Bfast sachets (meal replacements)
- High protein bars, Cliff Bars
- Protein powder (NSF certified)
- Power Gels, Power Blocks/GU gels

Simple Meal/Snack Items

- Plain oats or instant flavored oatmeal
- Pre-cooked quinoa and brown rice bowls (avail at Costco)
- Powdered Soy milk or regular milk
- Flavored instant rice/noodles
- Applesauce packets
- Fruit leather/snacks
- Unsalted trail mix
- Unsalted plain nuts
- Snack bars – Kind nutrition bars
- Dried fruits – prunes, cranberries, raisins, figs
- Dehydrated vegetables
- Natural Peanut butter, Nutella, Honey
- Dried soup mixes with beans (Amy's brand)
- Sachets of tuna/salmon/chicken
- Beef Jerky and/or Turkey Jerky
- All spice mix

Other items:

- Compression Socks – ESSENTIAL FOR LONG HAUL FLIGHTS
- Constipation solutions – Metamucil, benefibre, stool softener
- Kettle/hot pot
- Magic bullet blender
- Zip Loc bags
- Hand Sanitizer
- Anti-diarrhea, anti-histamines, anti-inflammatory meds – approved from team doctor

Managing Jet Lag – KEY TIPS

Before Travel:

- Begin to adjust your sleep schedule to the destination time zone a few days before you leave
- Make sure you are well hydrated before you get on the plane

On the Plane:

- Wear compression socks or pants!
- As soon as you get on the plane change your watch to the time at your destination so that you can begin to adjust your schedule accordingly
- Try to sleep only if it is night at your destination or stay awake if it is day (moving around the aircraft can help keep your body alert)
- Stay well hydrated by having about a glass of water every hour.

Upon Arrival:

- Sleeping and eating on your time zone right away, keep hydrating!
- Avoid napping so that you will be tired at bedtime
- Try to expose yourself to natural daylight
- Eat a high carbohydrate meal about 1 hour before bed to induce sleep, avoid caffeine

On the Road Recipe Ideas:

Add your protein pouch to any ready cook grain to create a balanced meal that any athlete can safely fuel with...even in your hotel!!

Use the travel hot pot, room kettle or just make cold if all items are pre-cooked.

Thai Noodle Stir Fry

Cook 1 packet of Instant Thai flavored noodles in hot pot according to package directions, and add in 1 pouch of Tyson chicken breast and a ¼ cup of peanuts or cashews. (Serves 2 in less than 10 minutes) *Provides: 565kcal, 18g fat (3g saturated), 60g carbs, 37g protein per serving*

Cranberry Cous cous

Cook Garlic herb cous cous in hot pot according to package directions and add in 1 pouch of Tyson chicken breast and 1/3 cup of dried cranberries. (Serves 2 in about 5 minutes)
Provides: 710kcal, 7g fat (<1g saturated), 122g carbs, 43g protein per serving

Santa Fe Chicken

Heat pre-cooked southwestern rice packet in hot pot according to package directions, and add Tyson chicken breast. (Serves 2 in less than 2 minutes)
Provides: 365 kcal, 7g fat (<1g saturated), 45g carbs, 32g protein per serving

Chicken Satay

Cook 2 cups of dry instant rice in hot pot according to package direction. Add 2 Tbs. of peanut butter and 1 pouch of Tyson chicken breast. (Serves 2 in about 5 minutes)
Provides: 625kcal, 13g fat (2.5g saturated), 90g carbs, 38g protein per serving

Super Oatmeal

Combine one scoop of instant soy milk with oatmeal package and cook in hot pot according to package directions. Add one tablespoon of peanut butter. (Breakfast for one in a minute)
Provides: 400kcal, 10g fat (2.5 saturated), 56g carbs, 21g protein