ask – applied sports knowledge

Fatigue Fighters
Checklist

by Angela Calder

After each training session

Drink & eat
Walk / move (at least 5 minutes)
Stretch
Hot / cold shower
Switch-off from training

Evening / End of day

Hot & Cold contrast shower / spa / sauna
Stretch & self massage (especially legs)
Practise relaxation 10 - 15 minutes before bed
(e.g. music, visualisation, breathing exercises)

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Note:

Get up at the same time each day

Monitor and record how you feel each day

Great

OK

Tired / Stuffed

You need at least four hours between training sessions.

If the *fatigue fighters* don't work seek help
e.g. doctor, dietician etc.

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