



DPP and EPDG Recovery Strategy Guidelines



The following strategies are placed in hierachal order of value & importance

The recovery protocols are ideal when training / playing on a short turn around. Whilst they may hinder the adaptation process, we would also advocate their use during periods of significant volume, frequency, intensity & intensiveness

Modality	Protocol
Post Training Nutrition	Look to consume 40-75g of Carbohydrate and 0.5g of Protein / KG of Body-weight within 20 mins of completing a training session. Look to have a significant meal ASAP post training / competition.
Sleep	Find personal strategies to allow for a deep and restorative sleep. Ensure adequate quality of sleep. Sleep guidance notes are available on the Academy pages of the Harlequins Website.
Hydration	Monitor urine to guide your hydration status. Look to replace every kg lost during training / competition with 1 litre of fluid.
Pool	<p>Players to spend 20-30 minutes in the water. Suggested content might be:</p> <ul style="list-style-type: none"> 0-5 mins: 25m swim on a rolling 45s clock 5-10 mins: Stretch in Water / Walking Mobs if in shallow water. 10-15 mins: Continual swim, alternating hard & easy 25m efforts. 15-20 mins: Aqua-Jog -5 x 30s hard / 30s easy <p>NB use pool buoys / floats to avoid using injured limbs etc.</p>
Cold Water Immersion	<p>Spend 8 mins, submerged to the neck in water of <15 degrees C.</p> <p>Can be done on localised ares such as lower limb only, however effects will only be localised rather than global, with minimal effect on CNS.</p>
Contrast Bathing	Alternate between 2 mins in warm-water, 2 mins in cold water (<15 degrees C). 2-3 rotations. Always finish on cold.
Active Recovery	Work on an off-feet piece of kit at 110-150bpm (conversational pace). Ideally individual HR profile would be done to ensure appropriate intensity of work. 20-30 mins of work.
Compression Garments	Use of skins, compression tights etc. Ideally thses will be professionally fitted to fit individual body shapes. Suggested pressures are Ankle - 18mmHg; Calf - 14mmHg; Knee - 8mmHg; Upper Thigh - 10mmHg; Lower Thigh - 8 mmHg
Massage	Hands on treatment from professional masseur / physio.
Soft Tissue	Release areas of tightness / trigger points via the use of hard balls / Rollers.
Anti-Oxidants	Ingestion of fruit and vegetables that are brightly coloured.