

BEFORE TRAINING OR RACING:

Prepare what you need for training or racing the night before, so you can rest well. Eat an appropriate meal and hydrate when you get up (talk to a Dietician to get this right for you). Be on time to reduce stress.

**Why?**

- *To get the most out of your training or competition you need to show up recovered and well-fueled*

DURING TRAINING OR RACING:

Warm-up enough that you break an all-over sweat and breathe hard. Focus on the goal of the session. Eat and drink at regular intervals if training is long, or if you race over a long period. If you are doing repeated efforts with 'recovery' between, keep your legs moving to stop the blood from pooling in your legs. Cool your core temperature with hand-cooling, ice-vests, or simply going outside if you feel like being too hot is limiting your performance.

**Why?**

- *You need to keep your muscle glycogen and blood volume up to get the most out of the session*
- *Active recovery is more effective than sitting/lying down to rest, your next effort will be better*
- *If you get too hot (uncomfortably hot), your ability to produce power may go down*

AFTER TRAINING OR RACING:

- Eat/drink a carbohydrate and protein recovery snack (like chocolate milk) *before* you start your warm-down
- Do a warm-down to clear any build-up in your legs, and to get back to 'normal' more quickly
- Put compression tights on once your warm-down is over
- Eat again an hour after your recovery snack
- Drink water with food to replace your electrolytes and rehydrate
- Do some light stretching or self-massage, or get a massage from a therapist (or use a NormoTec)
- Put your feet up, and do something relaxing that takes your mind off of cycling
- Nap for between 15-30 minutes before 4pm if you find this doesn't disrupt your sleep at night
- Use cold water immersion or hot/cold therapy if you have hard sessions back to back, or if you are getting ready to race

SLEEP:

Your body does most of its recovering (physical and mental) while you sleep. Most people need about 8 hours, but this varies. It's important that the first phase of sleep, "deep sleep", is uninterrupted, so use earplugs and eyeshades if you need to. Make sure the room is completely dark whenever this is possible. Aim to go to bed and get up at the same time every day. If you're sharing a room, respect the sleep needs of your roommate.

If you are having trouble sleeping, there is help available, contact the CCA'S IST Manager.

OTHER TIPS:

- Keep a training diary with records of your recovery as well as your training, and how it worked for you
- Make sure you keep "recovery rides" easy