

Download Week - Test Your Catch Pass Skills

Click on Picture to Play Rest and Recovery Video

	ACTIONS	DESCRIPTION
1	ENJOY GREAT <i>SLEEP</i> (N.B. YOUR ENVIRONMENT)	 STRIVE FOR QUALITY & CONSISTENCY EVERY NIGHT YOUR OPTIMUM HOURS PER NIGHT (6, 7.5 UP TO 9 HOURS)
	STEAL A RECOVERY NAP	- UP TO 90 MINUTES OR 1 FULL SLEEP CYCLE BEFORE 3 PM - 20 - 45 MINS MAX. & BEFORE 4 PM
2	REPLENISH; REPAIR; REHYDRATE	CONSUME 3 MEALS & 4-5 SNACKS <u>EACH DAY</u>
3	MONITOR YOUR <i>SELF</i>	MY SLEEP, ENERGY, MOOD, MUSCLE SORENESS, RPE ETC. (DAILY AWARENESS OF HOW <i>I</i> AM)
	ENJOY 'UP'-LIFTING OR	PLAN 'ME' TIME: RELAXING/QT WITH WITH MY VIPS;  COMEDY; THEATRE & CINEMA; LISTEN TO/WATCH YOUR FAVOURITE MUSIC/FILM;  READ A BOOK; SMILE 
	...SOME ME 'DOWN' TIME	
4	MASSAGE/ROLL	SELF MESSAGE USING A FOAM ROLLER, TENNIS OR TRIGGER POINT BALL (SELF-MYO FASCIAL RELEASE)
5	WALK/CYCLE	GO OUTSIDE FOR A 15 - 20 MINUTE WALK OR LIGHT CYCLE IN NATURE & FRESH AIR! (ALSO THE ADDITIONAL BENEFIT IN GETTING SOME VITAMIN D/ SUN LIGHT)

Practice the skill by using this work-on video first



Mike's Passing Skill test - Try it out!