

# Team USA Training Tips

## Four Important Parts of Training Recovery

*USA Wrestling's Manager of National Coaches Education, Mike Clayton, breaks down four areas of recovery to help athletes/coaches this season.*

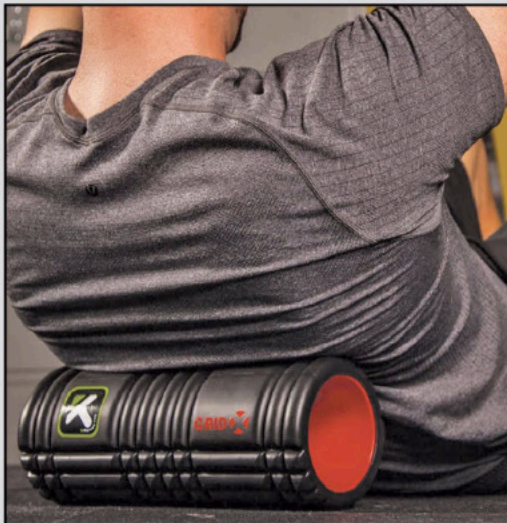
**Efficiency = More Time for Sleep:** We push our bodies and minds extremely hard during wrestling season. For every action (hard work), there must be an opposite and equal reaction (recovery). Ensure things like homework, chores at home and other daily tasks are done quickly and efficiently. Prioritize sleep into your daily plan and try to get eight hours daily.



**Power Hour:** Elite athletes understand the balance between pre-loading calories before a workout as well as eating within an hour after practices and matches to help with recovery.

We don't build muscle during workouts. That's when we tear down muscle. It is during the critical recovery process that our body uses the good calories we put into it to build and repair our muscles. No food/water...no gains.

**Manage Lactic Acid:** You can literally "feel the burn" of lactic acid during workouts. That's the feeling you get when your mind and body say, "Stop! You're hurting me!" To get lactic acid out of our muscles, we must work it out. After a hard practice or match, the U.S. Olympic staff recommends a cool down of 10 minutes at a medium pace followed by five easy minutes. This can be jogging, riding a bike, stance and motion, etc. You won't feel like jogging right after a match but you'll process the lactic acid you created and will feel better than your opponents who don't cool down.



**Roll it Out:** Foam rollers are now easy to get and are inexpensive. Consider your muscles like a rope. When you get a knot in a muscle, stretching it may only tighten the knot. Rolling the knots out is key to helping ensure your maximum use of your muscles and to feeling great. Roll everything from head to toe and shoot for 1-2 sessions of five minutes each day to start.

