

AIS Recovery Guidelines

Contrast Water Therapy (Spa / Plunge)

Ideally used at the end of a training day- do not use if you have damaged muscles, a very recent injury or bruising.

- Shower before use
- 2 minutes warm spa
- 1 minute cold plunge (Try to relax as much as possible!)
- Repeat 4-5 times
- Always finish on cold plunge
- Re-hydrate before, during and after session

Cold Water Immersion (Plunge)

Ideally used following a heavy weights session, between training sessions or during the acute phases of muscle injury, soreness or bruising. Try to build up a total of 5 minutes in the plunge pool.

- Shower before use
- 1 minute cold plunge- (try to relax as much as possible!)
- 2 minutes out of water (air temperature)
- Repeat 4-5 times

Spa

Spa can be used at the end of a day or on a rest day as a relaxation technique. Do not use if you have damaged muscles, a recent injury or any bruising.

- Shower before use
- Do not use spa for extended periods of time = no greater than 10 minutes
- Always re-hydrate while using the spa
- Stretching and jet massage can be utilised in the spa environment