



## Active Recovery

Active recovery is known as rebuilding your capacity to perform at a physical level but also a psychological level.

### Light Physical Activity



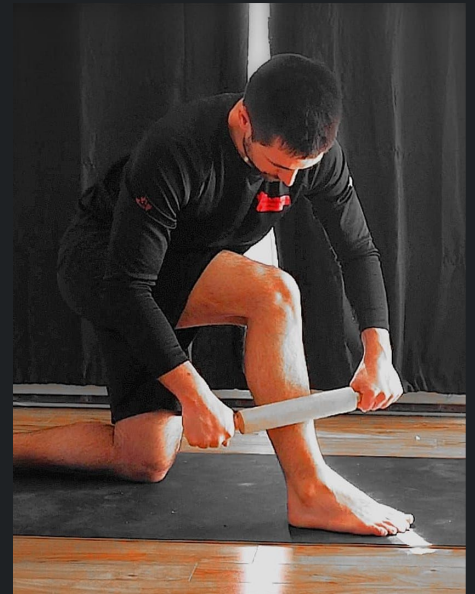
Integrate aerobic session such as walking, running, biking or swimming. This will enhance blood flow to help your body eliminate metabolic waste created from training.

### Strengthening and Mobility



Burning extra calories, increasing joint lubrication, increasing range of motion and decrease muscle soreness are all some benefits of performing an active recovery session.

### Self-Massage



Prioritize movements that are low resistance and mostly bodyweight going from 15-20 repetitions for about 2-3 sets. Yoga, mobility and self-massage sessions are great options.

