



100 Points Recovery System

High Performance Sports Management by Mike Mission

Recovery Program

Junior and intermediate level post game recovery

About this 100 Points Recovery Program:

If you are like me you love your sport. There is nothing quite like the feeling of being active, healthy and achieving your absolute best whether being in an individual or team based sport. Training, hard work, technique, mental toughness and dedication are crucial elements of achieving your personal best, however post game-competition management (Recovery) is something that is largely ignored at junior and intermediate sporting levels.

This Recovery Program is a proven system that will help every aspiring athlete to recover from the rigors and intensity that can come with competition level sport. In its simplest form the 100 Points Recovery Program begins the minute your competition ends through to just before you step back into battle. Each **Recovery Activity** will accrue a certain amount of points and once you hit your total of 100 points... you are ready **competition ready!**

From my many years of elite training and working with junior/senior athletes it is always the athlete's attention to detail and planning **that separates the good, from the great.** This 100 Points Recovery System is a proven program that can help you as you move throughout your junior sporting competition (6 – 9 years of age) and into your intermediate competition years (10 – 18 years of age).

So what are you waiting for... **Accelerate Yourself** and enjoy this 100 Point Recovery Program!

Recovery System

	6 – 9 Years of Age	10-18 Years of Age
5 Points	10 to 11 hours of Sleep per night	8.5 to 9.5 hours of Sleep per night
5 Points	4 x glasses of Water per day	7 x glasses of Water per day
5 Points	20 minutes salt water swim	20 minutes salt water swim
5 Points	25-30 mins extra Skills session	25-30 mins extra Skills session
10 Points	A Massage	A Massage
10 Points	An extra Running session	An extra Running session
10 Points	Day after competition 30 mins recovery options: 1. 25 mins light jog 2. 25 mins easy bike 3. 25 mins easy pool	Day after competition 30 mins recovery options: 1. 25 mins light jog 2. 25 mins easy bike 3. 25 mins easy pool
10 Points	Hydration therapy pool session 1. 4 x laps walking: a. Forward/Backwards 2. 5 x hip mobility swings each side 3. 4 x laps jogging: a. Forward/Backwards 4. 4 x laps side to side skipping 5. 5 x Bio-mechanic sequences 6. 4 x laps kicking on kick board 7. 5 – 8 mins stretching in & out of water	Hydration therapy pool session 1. 4 x laps walking: a. Forwards/Backwards 2. 5 x hip mobility swings each side 3. 4 x laps jogging: a. Forwards/Backwards 4. 4 x laps side to side skipping 5. 5 x Bio mechanic sequences 6. 4 x laps kicking on a kickboard 7. 5 – 8 mins stretching in & out of water
5 Points	Stretching 15 mins per day	Stretching 15 mins per day
	Your weekly 100 Points System Total: <input type="text"/>	Your weekly 100 Points System Total: <input type="text"/>

Questions and Answers:

If you require any further detail or information about this Recovery System please contact me on mobile:

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