

# CHECKLIST

## REGENERATION



### 5 TIPS FOR REGENERATION AFTER SKIING

#### TIP 1: WARM UP & COOL DOWN

- 6-8 weeks before season start, ski gymnastics for 20 min, 4-5 x per week
- Stretch the muscles while they are still warm after skiing

#### TIP 2: ALTERNATING SHOWER & SAUNA

- Cold & warm alternating shower to boost circulation
- 1-2 sauna sessions á 15 minutes at a maximum temperature of 60°C

#### TIP 3: KEEP WARM

- Short warm-up training before the first turns in the snow
- Wear ski underwear to keep the body warm

#### TIP 4: REST

- Extensive lunch break, to relax and recharge
- Healthy & sufficiently long night's rest for complete regeneration
- Listen to the body's signals: take a rest day if necessary!

#### TIP 5: HEALTHY FOOD & DRINKS

- Drink enough: at least 2 litres of fluid per day.
- Balanced meals with lots of protein boost your muscles