



# TRAVEL REST AND RECOVERY

No matter how far you travel, it is always best to be prepared. Long trips and international tours require additional preparation to ensure that you remain at your peak.

## Get plenty of rest before you travel



### Pre Travel

- Get enough sleep to avoid sleep deprivation.
- 2-3 days prior to travel, shift bedtime and mealtime
- Your coach may adjust your training volume and intensity a few days before travel

### During Travel

- Get enough sleep and try to replicate home sleep patterns
- Keep Hydrated
- Avoid alcohol and caffeine



### Post Travel

- Perform low intensity exercise on arrival to reduce muscle and joint stiffness
- Return to regular sleep routine as soon as possible

