

SPORTSFIT RECOVERY SYSTEM

THE 100-POINT RECOVERY GUIDE

Recovery is trained, not left to chance. Bank points every day across sleep, hydration, active recovery and hands-on treatment. Hit **100 points a week** to keep your body adapting, resilient and ready to perform.

100

POINTS / WEEK

POINT VALUES

RECOVERY STRATEGIES

STRATEGY	PROTOCOL	POINTS
Massage	30 min deep tissue	15 pts
Sleep	8 hrs+ (7–8 hrs = 5 pts)	10 pts
Normatec Recovery Boots	Used post-training	10 pts
Pool Recovery	20–30 minutes	10 pts
Compression Garments	Worn during sleep	10 pts
Hot / Cold Showers	1 min hot, 30s cold × 10	5 pts
Hydration	Fluid intake = 1.5 × kg lost	5 pts
Nutrient Intake	Pre & post training intake	5 pts

Framework adapted from Bird (2011), *Sleep, recovery and athletic performance*.

BOOK YOUR RECOVERY



10 PTS

NORMATEC BOOTS

20–30 min of post-training compression, booked in at either clinic.



SCAN OR TAP TO BOOK



15 PTS

REMEDIAL MASSAGE

30 min of hands-on soft-tissue work, and the biggest single earner on the card.



SCAN OR TAP TO BOOK

YOUR WEEKLY DIARY

RECOVERY POINT TRACKER

Tick or write your points each day. Total each column, add the week up, and mark your progress toward 100 at the bottom.

Strategy	Pts	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Massage	15							
Sleep	10							
Normatec Recovery Boots	10							
Pool Recovery	10							
Compression Garments	10							
Hot / Cold Showers	5							
Hydration	5							
Nutrient Intake	5							
Daily Total								



✓

Two a day. Use at least two recovery activities every day.

✓

Spread it out. Draw from every focus area across the week.

 **Write it down.** Record your daily points in your training diary.

✓

Hit 100. Reach 100 points by the end of each week.