





## How much time between my 2 races ?

### 45 min and less

**Immediately after the race**

Equipment check up and Nutrition	Check up equipment immediately after race Smoothie <b>or</b> energy ball <b>or</b> banana <b>or</b> fig bars <b>or</b> potatoes
Recovery	Put on warm clothes until the next race

**10-15 mins before the next race**

Neuromuscular	Number of Exercises : 1-2 Repetitions : 2- 3 or 15m
Heat Box	10-15 mins before the next race

### 45 min to 2 hours

**Immediately after the race**

Equipment check up and Nutrition	Check up equipment immediately after race Wrap with spread and banana/dates <b>or</b> fresh fruit and Greek yogurt <b>or</b> granola bar and dried fruits. If 1h30-2h: ½ sandwich <b>or</b> small meal (pasta, couscous salad)
Recovery	A. Very light 5 mins bike B. Warm clothing

**15-20 mins before the next race**

Nutrition	Optional : 1 fruit bar <b>or</b> sports drink <b>or</b> 1 fruit sauce <b>or</b> 1-2 dates
Temperature	5 mins Goal : To be warm
Neuromuscular	Number of exercises : 2-4 Repetitions : 3-5 or 15m
Heat Box	10-15 mins before the next race

### More than 2 hours

**Immediately after the race**

Equipment check up and Nutrition	Check up equipment immediately after race Ex 1: Pasta with meat sauce / chicken / tofu, vegetables, yogurt and fruit Ex 2: Couscous salad, legumes, vegetables, compotes and fruit salad Ex 3: Sandwich with tuna, vegetables, fruit salad and yogurt
Recovery	A. Very light 5 mins bike B. Warm clothing

**20-25 mins before the next race**

Nutrition	1 fruit bar <b>or</b> sports drink <b>or</b> 1 fruit sauce <b>or</b> 1-2 dates
Mobility	Number of exercises : 1-3 Repetitions : 4-6  Optional: foam roller/massage gun 30-60sec on 2-3 areas "stimulation type "
Muscular activation	Number of exercises : 1-3 Repetitions : 10-12
Temperature	5 x 30 sec ON \ 30 sec OFF * After 4th rep = feeling warm * After 5th rep = Being out of breath
Neuromuscular	Number of exercises : 1-3 Repetitions : 3-5 or 15m
Recovery	Put on warm clothes until the next race
Heat Box	10-15 mins before 1st race