

# Recovery

## – The Swedish perspective

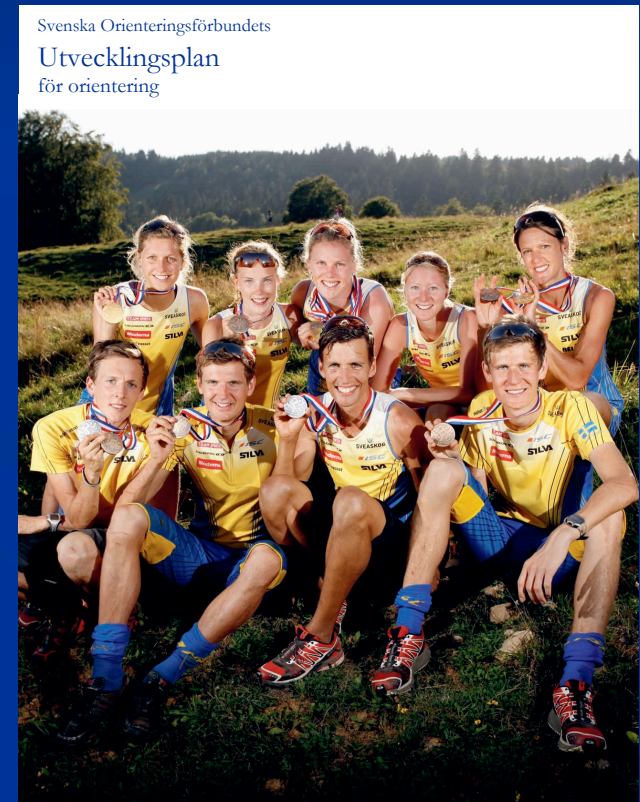




# Swedish Development plan

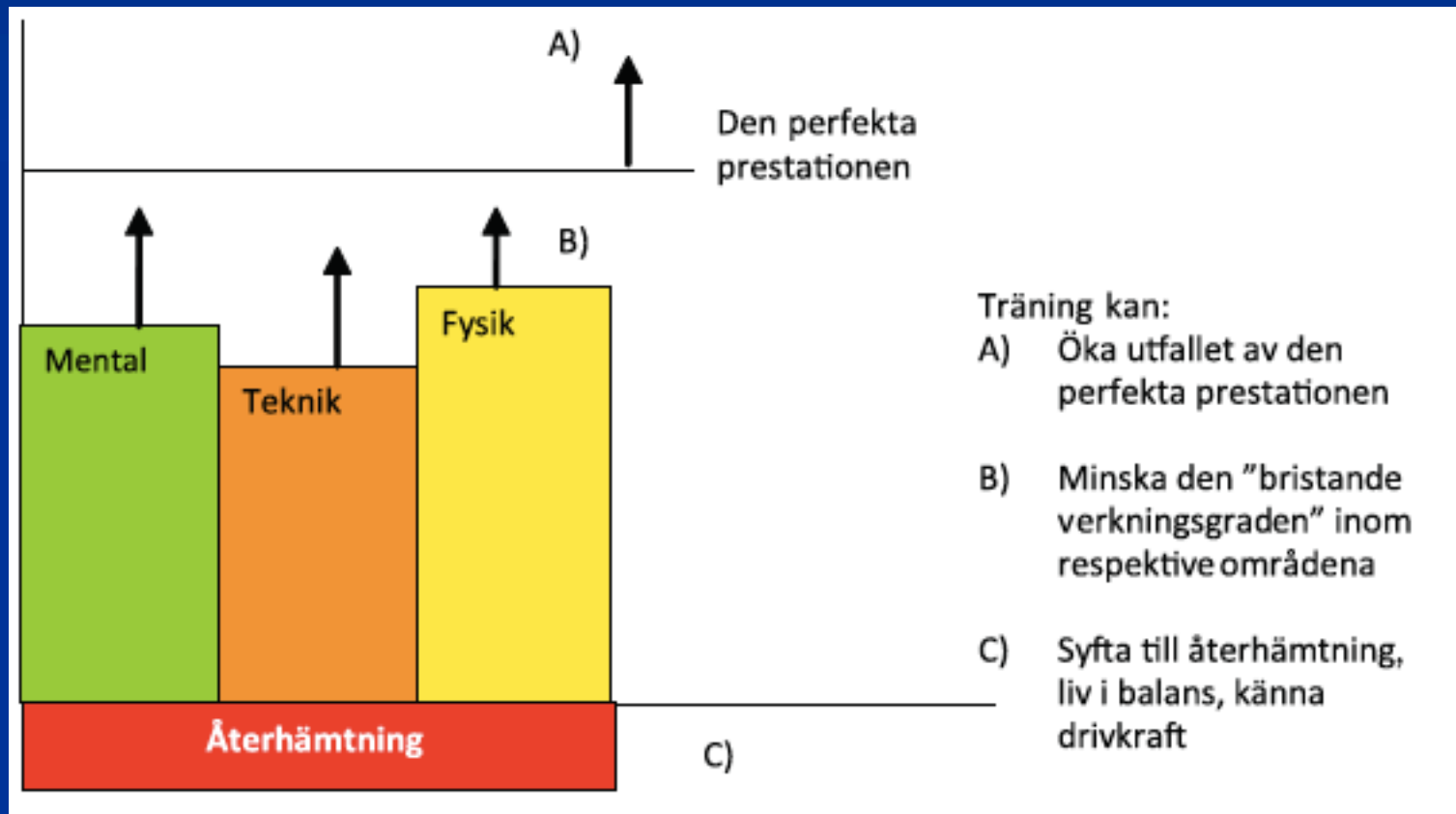
- ✓ Requirements analysis
- ✓ Physiologie
- ✓ Orienteering technique
- ✓ Sports psychology
- ✓ **Recovery**
- ✓ Environment
- ✓ Individual development progress

The development plan is the governing document for all activities and creates a thread and a common driver to create the world's best national team.





# Recovery

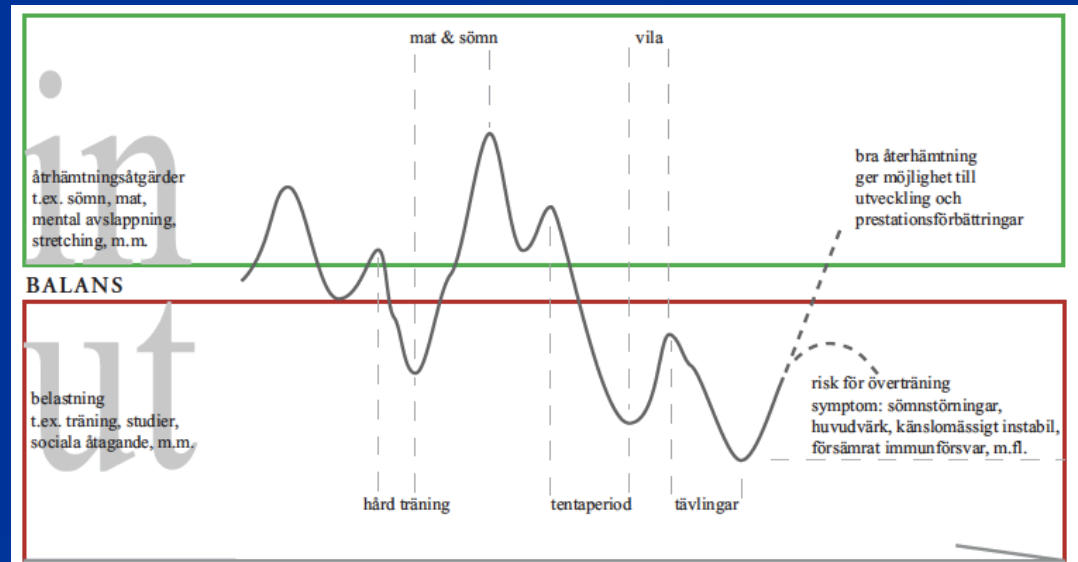




# Recovery

## Different kinds of loads:

- ✓ Physical load
- ✓ Psychological load
- ✓ Social load





# Recovery

## Recovery strategies

- ✓ Food and drink
- ✓ Sleep and rest
- ✓ Muscular and mental relaxation
- ✓ Cool down and stretching



# Organisation Discussion

## Austria...

- How do you work with recovery? What can be improved?