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Restorative Sauna Plan

OVERVIEW

This restorative sauna plan can help you recover from especially tough workouts, practices, or overall stress. Non-training days are usually the best days to add a sauna recovery into your schedule once or twice a week.

For further information on other post-workout recovery ideas, please follow this link:

[Post-Workout Recovery](#)

PRECAUTIONS

- Try **NOT** to use the sauna within two days of a competition.
- Do **NOT** use the sauna until at least 2 to 3 hours **AFTER** a workout or practice
- The sauna should only be used by those over the age of 13

PRE-SAUNA

- 2 to 3 minute hot shower prior to entering the sauna and dry off with a towel (this helps you begin to sweat)

SAUNA

- 10 to 15 minutes in the sauna
- 3 to 5 minute cold shower (be sure to allow the body to cool down for a total of five minutes)
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POST-SAUNA

- Drink 24 fluid-ounces of mineral water
- Take a vitamin and/or mineral supplement
- Drink an electrolyte-rich beverage

