

## HYDROTHERAPY

The use of water pressure and water temperature to accelerate the recovery process

When undertaking hydrotherapy ensure your *full-body is immersed* as kayaking is predominately an upper body sport so it is important that shoulders and arms are submerged to maximise your recovery

If you have another session <2h then leave recovery until after that session

Periodise your recovery based on the training phase

- *Early/Pre-season*, minimise hydrotherapy as it may blunt the adaption process which is what we are wanting during this phase
- *Camps or high-intensity* blocks consider 2-3 hydrotherapy sessions per week to accelerate recovery between sessions to maintain the quality of key sessions

### COLD WATER IMMERSION

Reduces swelling, increase blood flow, enhance onset of sleep, particularly useful if feeling fatigued or very hot

10 mins cold plunge

Water should be between 10-14°C



AIS

Paddle  
Australia



### CONTRAST THERAPY

Alternating cold and hot recovery

Utilise if you are sore as it can reduce muscle soreness, increase blood flow and enhance muscle repair

May be more effective than cold water only post-gym

E.g. 5 x (1 min cold, 1 min hot)

or 2 x (2 mins cold, 2 mins hot) and 2 mins cold to finish

Limit contrast therapy if in a hot/humid environment and choose cold water immersion instead

### LATE TRAINING OR LATE RACING?

Sleep onset is linked to core body temperature

Core body temperature begins to decrease in the evening which acts as a trigger for the onset of sleep

Late afternoon training/racing particularly in hot conditions can result in an elevated evening body temperature which could impact the onset of sleep

10 mins of cold water immersion will decrease body temperature and increase thermal comfort which can help trigger the onset of sleep