

CONTRAST BATH

Hot and Cold Tub



SLEEP & NUTRITION

Optimizing consistent sleep and nutrition habits should be the foundation of all recovery efforts



WHAT DOES IT DO: Improves recovery and reduces fatigue and soreness ¹⁻⁸



NATIONAL CHAMPION Caliber Protocol:

Alternate between 1 minute in cold water and 1-2 minutes in hot water for a total duration of 6-15 minutes ⁷



BEST TIMES: Before a training session or within 60 minutes of a light- or moderate-intensity training session



TIMES TO AVOID: Within 90 minutes of a high-intensity training session or heavy strength training session



OTHER SIMILAR OPTIONS: Cryotherapy, cold water immersion



REFERENCES

THE
PIT PERFORMANCE
INNOVATION
TEAM