

Rest and Recovery

Why they're so important for officials

Getting enough rest and allowing for recovery after training, games or tournaments is an essential part of a good training programme.

Rest and recovery tips

Passive rest – switching your mind off

Sleep is the most important form of passive rest. Other forms of passive rest use techniques to switch the mind off while you are awake – including meditation, flotation, reading, and listening to music. See the Sleep resource in the Physical Fitness learning area for more detailed information on the importance of sleep and ways to improve the sleep you get.

Active rest – resting during and after a workout

Active rest can be built into the body at the end of a training session. Active rest activities help:

- Physiological recovery – light aerobic activity e.g. walking, pool work or cycling.
- Musculoskeletal recovery – stretching and other posture-promoting exercises help your body to function well without injury.

Rest days – taking time out

Rest at least one day per week (i.e. no training or games that day at all). This allows for physical recovery time and gives you time for your other interests, which in turn will help keep you interested in your sport.