



AFLW MATCHES - FLUSH SESSION

AIM

- Flush out fatiguing metabolites from your game
- Opportunity to get your body moving again early in the week
- Prevents prolonged inactivity in between your game and next training session
- May help identify any injury niggles early in the week post game

OPTION 1

"I have my own flush session that help recovery me best."

OPTION 2 (On-Legs)

- 1 Lap @ 50% intensity : 1 min Rest
- 2 Laps @ 60% intensity : 1 min Rest
- 8-10x 40-50m Building Strides @ Top Speed <80% : walk back recovery

OPTION 3 (Off-Legs)

- Steady Swim or Cycle 20-30 min