

VOLUME 1
HOCKEY
2nd Edition

Introducing The

RECOVERY MANUAL

5 QUICK TIPS FOR RECOVERY

SUPPORTED BY SCIENCE

MAGNUS ÅGREN

UNLEASHING YOUR FULL POTENTIAL

In the realm of ice hockey, every player embarks on a quest for excellence, driven by a relentless passion for the game and an unwavering commitment to victory. Yet, amidst the thundering roar of skates on ice and the adrenaline-fueled battles on the rink, lies a silent protagonist often overlooked—the science of recovery.

Picture this: a hockey forward, muscles fatigued from rigorous training sessions, facing a pivotal match with weary limbs and a taxed body. It's in these critical moments that true champions emerge, harnessing the power of strategic recovery to rejuvenate their bodies and sharpen their skills.

From the rejuvenating embrace of quality sleep to the replenishing energy of optimal nutrition, each element forms a cornerstone in the athlete's narrative of triumph.

This short introduction to recovery serves as an introduction to recovery methods, backed by science and used by professionals. They are easy to implement and gives you a head start against any competition

Welcome to a journey where every moment of rest is a calculated step towards hockey excellence



Table of **CONTENTS**

01 **PRIORITIZE SLEEP**

02 **OPTIMIZE NUTRITION AND HYDRATION**

03 **IMPLEMENT ACTIVE RECOVERY**

04 **UTILIZE COLD THERAPY**

05 **STRESS MANAGEMENT**

06 **ABOUT MAGNUS**

CONTENTS

SLEEP OPTIMIZATION

In the fast-paced world of sports, adequate sleep isn't just a luxury—it's a vital component of injury prevention and performance enhancement. Quality sleep allows the body to repair and regenerate, reducing the risk of injury by strengthening muscles and enhancing coordination. Moreover, optimal sleep patterns optimize cognitive function and decision-making on the field, giving athletes a competitive edge.

ACTIVE RECOVERY STRATEGIES

Incorporating active recovery strategies into training regimens is essential for preventing overuse injuries and maximizing performance gains. Activities such as light exercise, stretching, and foam rolling promote blood flow, reduce muscle tension, and accelerate the removal of metabolic waste products—all of which contribute to faster recovery and reduced injury risk.

STRESS MANAGEMENT

The mental aspect of recovery is often underestimated but plays a crucial role in injury prevention and performance optimization. Mindfulness practices, such as meditation and deep breathing exercises, help athletes manage stress, improve focus, and promote overall well-being. By reducing stress levels and enhancing mental resilience, athletes can mitigate the risk of injuries caused by psychological strain and perform at their best when it matters most.

NUTRITION AND HYDRATION

Proper nutrition and hydration are the fuel that powers athletic performance and safeguards against injury. A well-balanced diet provides the essential nutrients needed for muscle repair and recovery, while adequate hydration ensures optimal physiological function and prevents dehydration-related injuries. By fueling the body with the right nutrients at the right time, athletes can optimize their performance and resilience against injury.

COLD THERAPY

Cold therapy, including techniques such as ice baths and cryotherapy, is a powerful tool for injury prevention and performance enhancement in athletes. By constricting blood vessels and reducing inflammation, cold therapy helps alleviate muscle soreness, speed up recovery, and decrease the risk of tissue damage. Additionally, cold therapy can improve recovery between training sessions, allowing athletes to maintain peak performance levels.

TIP # 1

PRIORITIZE SLEEP

01

SLEEP DURATION

Aim for 7-9 hours of sleep per night, as inadequate sleep duration can impair recovery and performance. (Mah et al., 2011)

02

SLEEP QUALITY

Prioritize deep, restorative sleep by creating a conducive sleep environment and practicing relaxation techniques. (Halson, 2014)

03

SLEEP TIMING

Maintain a consistent sleep schedule, including regular bedtimes and wake-up times, to optimize sleep-wake cycles. (Fullagar et al., 2015)

04

AVOID SLEEP DISRUPTIONS

Minimize factors that disrupt sleep, such as caffeine consumption, electronic device use before bed, and excessive exposure to light.

05

NAPPING

Incorporate short daytime naps (20-30 minutes) to supplement nighttime sleep and enhance recovery, especially after strenuous training sessions. (Brooks & Lack, 2006)

**APPROACH YOUR
SLEEP AS YOU
WOULD A
APPROACH A
GAME**

WITH INTENT!

MAGNUS ÅGREN

TIP # 2

OPTIMIZE NUTRITION AND HYDRATION

01

HYDRATION

Maintain adequate hydration by drinking fluids before, during, and after exercise to replace fluids lost through sweat. (Maughan & Shirreffs, 2010)

02

NUTRIENT TIMING

Consume a balanced meal or snack containing carbohydrates and proteins within 30-60 minutes post-exercise to replenish glycogen stores and facilitate muscle repair and growth. (Betts et al., 2013)

03

PROTEIN INTAKE

Aim for sufficient protein intake (approximately 20-30 grams) per meal to support muscle protein synthesis and recovery. (Phillips, 2012)

04


MICRONUTRIENTS

Ensure adequate intake of vitamins and minerals, particularly antioxidants like vitamin C and E, to reduce oxidative stress and inflammation. (Nieman et al., 2004)

05

SUPPLEMENTATION

Consider supplementing with vitamin D, omega-3 fatty acids, and tart cherry juice, which have been shown to enhance recovery and reduce muscle soreness. (Rawson et al., 2018; Howatson et al., 2010)



**HYDRATION AND
NUTRITION IS AS
IMPORTANT AS
YOUR EQUIPMENT**

MAGNUS ÅGREN

TIP # 3

IMPLEMENT ACTIVE RECOVERY

01

LOW-INTENSITY EXERCISE

Engage in light aerobic exercise (e.g., walking, cycling) to promote blood flow, muscle relaxation, and the removal of metabolic waste products. (Barnett, 2006)

02

FOAM ROLLING

Incorporate foam rolling and self-myofascial release techniques to reduce muscle stiffness, improve flexibility, and alleviate muscle soreness. (Macdonald et al., 2014)

03

STRETCHING

Perform static and dynamic stretching exercises to maintain or improve joint range of motion and prevent muscle tightness. (Behm et al., 2016)

04

YOGA AND PILATES

Participate in yoga or Pilates classes to enhance flexibility, core strength, and mental relaxation, all of which contribute to faster recovery. (Zapata et al., 2018)

05

MASSAGE THERAPY

Schedule regular sports massages to promote muscle relaxation, improve circulation, and accelerate recovery from intense training sessions. (Weerapong et al., 2005)



**ENGAGE IN
ACTIVE
RECOVERY TO BE
READY TO PLAY
THE BIG
MOMENTS!**

MAGNUS ÅGREN

TIP # 4

UTILIZE COLD THERAPY

01

ICE BATHS

Take ice baths or cold-water immersion sessions (10-15 minutes) post-exercise to reduce inflammation, muscle soreness, and tissue damage. (Vaile et al., 2008)

02

COLD PACKS

Apply cold packs or ice packs to specific muscle groups or areas of soreness to alleviate pain and accelerate recovery. (Hohenauer et al., 2015)

03

CRYOTHERAPY CHAMBERS

Use whole-body cryotherapy chambers for brief exposures to extreme cold temperatures (-110°C to -140°C) to stimulate physiological responses that enhance recovery. (Costello et al., 2015)

04

CONTRAST THERAPY

Alternate between cold and hot treatments (e.g., ice baths and hot baths or showers) to promote vasodilation and vasoconstriction, which can enhance circulation and reduce muscle soreness. (Merrick et al., 2020)

05

COMPRESSION THERAPY

Combine cold therapy with compression garments or wraps to enhance the effectiveness of cold treatments and reduce swelling and inflammation. (Hilbert et al., 2018)



**USE COLD
THERAPY TO BE
READY WHEN YOU
PUT YOUR
SKATES ON!**

MAGNUS ÅGREN

TIP # 5

STRESS MANAGEMENT

01

MINDFULNESS MEDITATION

Incorporate mindfulness meditation practices to reduce stress, promote relaxation, and improve recovery by modulating the autonomic nervous system. (Black et al., 2018)

02

BREATHING TECHNIQUES

Practice deep breathing exercises and diaphragmatic breathing to activate the parasympathetic nervous system and induce a state of relaxation. (Jerath et al., 2006)

03

PROGRESSIVE MUSCLE RELAXATION

Engage in progressive muscle relaxation techniques to release tension, alleviate muscle tightness, and promote overall relaxation. (Giglio et al., 2020)

04

VISUALIZATION AND IMAGERY

Use visualization and imagery techniques to mentally rehearse successful performance outcomes, reduce anxiety, and enhance recovery confidence. (Hatzigeorgiadis et al., 2011)

05

SLEEP HYGIENE

Adopt healthy sleep habits and routines, including consistent bedtimes, relaxing bedtime rituals, and a comfortable sleep environment, to optimize sleep quality and duration. (Halsen, 2014)



MANAGE YOUR STRESS TO BE GAME READY!

MAGNUS ÅGREN



HEY, I'M MAGNUS

Empowering Hockey Players to Thrive, Not Just Survive!

Are you ready to take your hockey game to the next level? Look no further. I specialize in high-performance strength and conditioning tailored specifically for hockey players. My mission is simple: to empower you to excel, not just survive, in every game.

Magnus "Magnå" Ågren

[VISIT MY WEB SITE!](#)



ARE YOU READY TO

Take Giant Leap In Performance?

Are you prepared to skyrocket your performance on the ice? I specialize in helping dedicated hockey teams and athletes like you unleash your full potential, gain the competitive edge, and become the one everyone else is chasing!

The effort you put in off the rink can make all the difference in your career. It can be the defining factor between being on the ice during the big moments or sitting on the bench. Yet, many teams and athletes struggle to optimize their off-ice training, ultimately limiting their performance.

That's where I come in. With over 30 years of experience, I've empowered and supported athletes with the knowledge and tools to achieve remarkable feats. From setting world records to hoisting the Stanley Cup, from competing in the Olympics to clinching medals in world and European championships, I've been there every step of the way. Whether it's recovering from injury, maintaining peak performance, earning MVP titles, or simply transforming lives, my expertise has made it possible.



YES I AM READY TO TAKE A GIANT LEAP

STAMINA POWER
STRENGTH
BALANCE FLEXIBILITY
AGILITY ACCURACY
SPEED COORDINATION
CARDIOVASCULAR RESPIRATORY
ENDURANCE



WHO AM I? A BRIEF INTRODUCTION

My sports journey began in track and field, where a career-ending injury led me to focus on helping athletes reach their full potential while prioritizing injury prevention.

This experience has shaped my holistic approach, blending rehabilitation, nutrition, mindset, and strength and conditioning into a seamless strategy.

During my seven-year tenure as Head of Performance and medical staff for an SHL team, I gained invaluable insights into optimizing player performance both on and off the ice.

Additional knowledge from my time with the SDHL team in the same positions and as the performance director for juniors has further enriched my understanding of player development at all levels.

Passionate about nutrition and supplementation, I have helped in develop supplements aimed at enhancing focus and promoting better sleep—a vital aspect of player recovery and performance during demanding seasons.

As a consultant, I've had the privilege of training and mentoring players from prestigious leagues such as NL, DEL, SHL, Tipos, NHL, AHL, KHL, and more.

This diverse experience has given me insight into the unique needs and demands of each league, equipping me with knowledge to tailor strategies for success.

Player Testimonials - [Link to Testimonials](#)

5 BONUS TIPS

TO HELP SPEED RECOVERY

01

BI-NAURAL BEATS

Bi-Naural beats synchronize brainwave frequencies, promoting relaxation and reducing stress. Research suggests they induce changes in brainwave activity, enhancing mood and cognition. [Wahbeh et al., 2007]

02

INFRARED SAUNA

Infrared sauna therapy penetrates deep into tissues, improving circulation, reducing inflammation, and alleviating muscle soreness. Studies show it enhances cardiovascular health and stress reduction. [Beever, 2009]

03

DRY NEEDLING

Dry needling stimulates endorphin release, reduces pain, and improves muscle function. It also increases blood flow, promoting tissue healing and reducing tension. [Hsieh et al., 2007]

04

RED LIGHT THERAPY

Red light therapy stimulates cellular repair and reduces inflammation. Studies show it accelerates wound healing and improves muscle recovery. [Avci et al., 2013]

05

CREATINE

Creatine supplementation increases ATP production, enhancing muscle strength and recovery. Research demonstrates its effectiveness in improving exercise performance and promoting muscle mass gain. [Study: Rawson et al., 2018]

MAGNUS ÅGREN

STAY CONSISTENT

STAY FOCUSED

TRUST YOURSELF

OWN YOUR GAME

WWW.MAGNUSAGREN.COM

YOUR CHECKLIST

Month: Week:

Tasks	Su	Mo	Tu	We	Th	Fr	Sa
	✓						