

DAILY ATHLETE HABITS

Female athlete health and performance is the outcome of your daily athlete habits.

Athlete habits include training, nutrition and recovery practices. Learning to develop and execute these good habits early on will set you up for a great future.



**“THE SECRET OF YOUR
SUCCESS IS FOUND IN YOUR
DAILY ROUTINE”**

TRAINING

Training needs variety

- Type of activity you do
- The intensity of training(s)
- The frequency of training(s)

Mixing up the type, intensity, and frequency of your sessions helps you:

- Build different physical qualities
- Reduce the risk of overuse injuries
- Stay mentally fresh and engaged

NUTRITION

Nutrition underpins health, performance and recovery

Nail the basics:

- Three balanced meals a day
- Additional snacks for trainings
- Regular hydration throughout the day

Meeting energy needs through optimal nutrition enables you to stay healthy for all aspects of life, not just for cricket.

Remember: Plan, prepare and execute

RECOVERY

Recovery is how we see the benefits of training. This includes:

- Sleep
- Downtime away from sport
- Nutrition
- Recovery strategies
- Other interests and hobbies

Key habits to build:

- At least one rest day per week
- Extra recovery days when training load increases
- Make space for downtime away from cricket, your mind and body both need breaks