FREE CHECKLIST · SUNDAY LEAGUE KIT

THE MONDAY RECOVERY CHECKLIST

What to do in the first 48 hours after a Sunday match, so you can walk normally on Monday and play again next week. Takes 5 minutes to read. Tick what you did.

RIGHT AFTER THE MATCH

First 30 minutes

- [ ] Walk or jog slowly for 5 minutes instead of stopping dead
- [ ] Drink water straight away, and keep drinking
- [ ] Change out of wet kit and keep warm
- [ ] Notice any pain in one specific spot (see the warning signs below)

SUNDAY EVENING

2 to 6 hours after

- [ ] Eat a proper meal with protein and carbs
- [ ] Sore spot? Cold pack for 15 minutes, always with a cloth in between
- [ ] Legs up on the sofa for a while
- [ ] Go to bed on time: sleep is the cheapest recovery there is

MONDAY

Day 1: the stiff day

- [ ] Keep moving: walk or cycle 15 to 20 minutes
- [ ] Foam roll calves, thighs and glutes gently, 5 to 10 minutes
- [ ] Take the stairs slowly, no heavy gym session
- [ ] Dull, all-over soreness is normal muscle soreness

TUESDAY

Day 2: check-in

- [ ] Soreness should be going down now
- [ ] Light stretching or an easy walk
- [ ] Still pain in one spot? Do not train yet
- [ ] Plan next week: warm-up of 5 minutes before kick-off

STOP AND GET IT CHECKED IF...

These are signs of an injury, not normal soreness. See your GP (huisarts) or a physio.

- [ ] Sharp pain in one specific spot
- [ ] You cannot put weight on your leg
- [ ] The pain gets worse after 48 hours
- [ ] Swelling or a bruise that grows
- [ ] The joint feels unstable or "gives way"
- [ ] You heard or felt a "pop"

This checklist is general advice from a former player, not medical advice. Every body is different; when in doubt, ask a professional.

KEEP PLAYING. JUST PLAY SMARTER.

More tips every Monday on sundayleaguekit.com

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