

BASEBALL RECOVERY

Recovery Is Not A Day Off. It Is The Other Half Of Training.

What Is Actually Happening

The lift, the bullpen and the doubleheader are the stress. Sleep, food and water are where the body turns that stress into a stronger player. Skip this half and the gym was a waste of a ride. Recovery is a bedtime and a bag, not a product.

Hours Of Sleep By Age

Age	Hours a night (AASM)	Aim for
6 to 12	9 to 12	10
13 to 18	8 to 10	9
19 and up	7 or more	8
Night before a doubleheader	The same, plus 30 minutes	+0:30

Source: American Academy of Sleep Medicine consensus, endorsed by the American Academy of Pediatrics.

The Lights Out Math

- 1. Start at the alarm. The alarm does not move, so lights out does.**
- 2. Lights out = alarm minus your target hours. 6:30 alarm and 9 hours means lights out at 9:30 pm.**
- 3. Phone leaves the room 45 minutes before lights out. Charger in the kitchen. Not silent, gone.**
- 4. Last big meal three hours before lights out. The post game shake or a container from Sunday, then water only.**
- 5. The first hour after practice is the shower and the food, never homework.**

My alarm: _____ Lights out: _____ Phone out: _____ Dinner by: _____

The 3-2-1 Rule

No big meal 3 hours before lights out. No homework 2 hours before. No screen 1 hour before. The version that holds up.

The Post Game Rule, Every Player, Every Game

- 1. A shake or a container within the hour. Not on the drive home, not at 9 pm.**
- 2. Water until the color check clears. The chart on the hydration page is the finish line.**
- 3. Bands after you throw, every time. Five minutes on the fence before the bag is packed.**

The Pitcher's 48 Hours

When	What
The first hour	Water and the electrolyte serving before leaving the field. Shake or container within the hour.
That night	The extra half hour of sleep. Ice is your athletic trainer's call. Phone in the kitchen.
The day after	Bands, lighter and higher reps. A 20 minute walk. Food and water. No lifting, no bullpen, no proving you are fine.

The rest
days

No pitching in a game until the Pitch Smart table says so. Warm up and bullpen pitches count.

Stop And Tell Someone

- 1. Sleep that will not come, or will not hold, for more than two weeks.**
- 2. Pain in the arm that is still there the next morning.**
- 3. Dizziness, cramping or confusion at the end of a hot doubleheader.**

None of that is toughness. All of it is a conversation with a coach, an athletic trainer or a doctor.

The Bottom Line

Nine hours, scheduled from the alarm. A shake within the hour. Bands after every throw. The sleep builder and the doubleheader bag builder are at uncommittedu.com/recovery.

[Uncommitted University](#) | [Complete Player Development](#) | Not medical advice. Talk to your doctor or athletic trainer about sleep that will not come or pain that will not leave.