Steemd

THE STEEMD RITUAL
Cold Plunge Protocol

1 ENTER	2 HOLD	3 REWARM

BEGINNER
Weeks 1–4 · 2× / week

WATER TEMP
55–60°F
13–16°C
Cold enough to start

PLUNGE TIME
30–90 seconds
Per immersion
Shoulders in; face out if needed

REST BETWEEN ROUNDS
2–3 minutes

ROUNDS
1–2 immersions

TOTAL SESSION
≈ 8–15 min

Rewarm naturally. No hot shower.

COACHING NOTES

- Enter slowly. Control the first three breaths.
- Breathe slowly through the nose.
- Do not chase colder water yet.
- Goal: finish calm, not depleted.
- Hydrate 12–16 oz per session with electrolytes.

INTERMEDIATE
Consistent practice · 3× / week

WATER TEMP
50–55°F
10–13°C
Sharp but controllable

PLUNGE TIME
1–3 minutes
Per immersion
Hold still; steady breath

REST BETWEEN ROUNDS
2–4 minutes

ROUNDS
2–3 immersions

TOTAL SESSION
≈ 15–25 min

Rewarm naturally. No hot shower.

COACHING NOTES

- Hold still once immersed; do not bounce.
- Skip cold after heavy lifting if hypertrophy (muscle growth) is the goal.
- Exit if shivering becomes violent.
- Hydrate 12–16 oz per session with electrolytes.

ADVANCED
Adapted users only · 3–4× / week

WATER TEMP
45–50°F
7–10°C
Do not drop below ~45°F

PLUNGE TIME
2–4 minutes
Per immersion
Progress, do not force

REST BETWEEN ROUNDS
2–3 minutes

ROUNDS
2–3 immersions

TOTAL SESSION
≈ 20–30 min

Rewarm naturally. No hot shower.

COACHING NOTES

- Do not drop below ~45°F without supervision.
- Exit immediately if shivering is violent or speech slurs.
- Aim for about 11 minutes of cold per week, split across sessions.
- Hydrate 12–16 oz per session with electrolytes.

SAFETY · NOT MEDICAL ADVICE

Consult a physician before cold exposure if you are pregnant, have cardiovascular disease, uncontrolled hypertension, arrhythmia, Raynaud's, neuropathy, or take medications that affect heart rate or blood pressure.
Exit the plunge if breathing cannot be controlled, shivering is violent, or extremities go numb. Never plunge alone if you are new.
Rewarm naturally. No alcohol. Children require adult supervision and milder water temperatures.

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