

OPTIMIZING RECOVERY



Overview

Availability is the best ability.

Optimizing recovery after exercise both reduces the risk of injury and maximizes the gains from the workout. Being mindful of providing the body with the rest and fuel it needs will put you in the best position to continuously make progress.

Availability is the best ability. Taking recovery for granted can put roadblocks in achieving your goal; injuries frequently happen due to overtraining which in part is from poor recovery. Recovering from an injury takes significantly more time than taking the time to properly recover from one workout to the next.

Keys To Recovery

Sleep
Nutrition
Hydration
Active Recovery

Can Help Recovery

Foam Rolling
Stretching
Ice
Compression

KEYS TO RECOVERY

Sleep

During exercise, muscles are broken down when performing various movements. A majority of the building process in the muscle is done while sleeping. Having 7-9 hours of sleep each night will provide the sufficient time the body needs to rebuild the muscles.

Nutrition

Protein is the main macronutrient used in building muscle tissue. Consuming enough calories and protein that align with your goals is vital in ensuring muscle tissues are fully repaired workout to workout.

Hydration

Muscles are 75% water making it important in the recovery process. Water helps the process of protein synthesis, the process of muscle repair. Dehydration can delay the process which will delay recovery.

Active Recovery

Rest has many different shapes and sizes. Movement is medicine; after a workout or on a rest day, continuous light moving like walking or cycling improves blood circulation which aids in recovery.



CAN HELP RECOVERY

These modalities are supplemental and have a place in recovery but are not to replace the keys.

Ice is a common modality used in recovery. It is a perfect tool in reducing inflammation, specifically after an injury. However not all inflammation is bad; ice should be used sparingly as it only temporarily reduces pain.

Foam rolling and **stretching** are great modalities to add after workouts or on rest days. They boost muscle circulation and improve mobility. Studies have shown that both aid in recovery to an extent but are not to replace sleep and nutrition.

Compression is another modality that improves blood flow, removing waste products and returning nutrients, that can promote recovery.