

HOW TO TAKE RECOVERY MORE SERIOUSLY



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Recovery is a Commitment

- Recovery is an essential part of a workout program because performance will deteriorate otherwise.
- Individuals who are unable to obtain a high level of frequency get rest days by default and may not realize the value of recovery and the many different forms it can take.
- When high frequency is achieved, recovery becomes essential, and athletes learn to incorporate this component in one way or another.



Exercise Recovery

Recovery exercise is a type of exercise that is performed after a strenuous workout to help the body recover more quickly and improve performance. Active recovery is often considered more beneficial than inactivity, resting completely, or sitting. Examples of active recovery exercises include walking, yoga, and swimming. In the world of sports, an athlete's ability to recover from intense physical activity plays a critical role in optimizing performance and preventing injury.



The more you know...



After discovering that recovery is necessary, it is time to learn how best to leverage the techniques.

- Read up on the many different types and strategies for recovery.
- Determine which recovery style matches a particular modality of exercise.
- Consult with a professional fitness trainer when unsure of best practices.

Rest and Refuel



- Rest days: A rest day is essential. You get stronger during the recovery not during the workout.
- Rest weeks: A well rounded, periodized training program should include a week of de-loaded activity every 6 to 8 weeks.
- Adequate sleep: When the mind is asleep the body can bring systemic focus on recovery to a higher level.
- Hydration: Try to drink $\frac{1}{2}$ of your weight in ounces of water each day. More on very active and/or hot days and try to spread it out.
- Well-balanced diet: A daily routine of lean protein, fruit, vegetables, whole grains and healthy fats.
- Appropriate macro nutrient ratios: The federal recommended macro ranges are carbohydrates, 45–65%, protein, 10–35% and fat, 20–35%.

Stretch

We know stretching is good for flexibility and mobility. Here are some reasons to lengthen that aid in exercise recovery:



How Stretching Helps:

- Improved athletic performance
- Increases blood flow to muscles
- Improves posture
- Assists with pain management (Especially with the back)
- Relieves stress and calms the mind

Stretching modalities take many forms:

- Proprioceptive Neuromuscular Facilitation
- Dynamic
- Static
- Ballistic
- Passive
- Active

Need a coach? Most fitness centers offer a variety of yoga classes.

Self Myofascial Release



A technique that involves applying gentle sustained pressure into the (myofascial) connective tissue restrictions to eliminate pain and restore motion.

Can be performed with a foam roller or massage gun and only takes a few minutes in each area of the body.

The goal is not to crush the muscles but to gently work out anomalies in a superficial manner. Like stretching, no pain allowed. Mild discomfort at the most.

Consult a professional about best practices. Massage guns usually come with a manual or website and most fitness coaches are adept at foam rolling.

Don't Overtrain

If one is overtraining, then they are not taking recovery seriously. Overtraining can occur between sets by not resting enough or neglecting de-load weeks during macro periodization or anywhere in between.

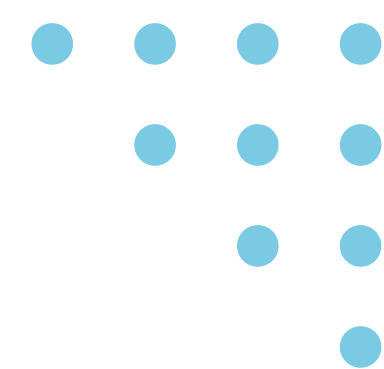
Here are some things to watch out for if you feel you may be over training:

- Too sore (DOMS)
- Overuse injuries like tendonitis
- Fatigue
- Lower performance
- Loss of motivation

These are some severe indicators:

- Increased resting heart rate
- Irritability or other altered mood
- Poor sleep quality
- Digestive or immune system issues





Match the Recovery with the Modality

The rest day is a good practice no matter what a workout regimen looks like. If an athlete or enthusiast is really going for the “gold” then rest days are required. But a rest day does not mean “do nothing.”

Sport specific exercises are an efficient way to improve at that sport. Why not apply this strategy when choosing recovery activities? Remember, the mind is in recovery mode too, not just the body.

- **Runners**, take a walk break. Still outside moving from point A to point B.
 - **HIIT participants**, go to the pool and de-load the joints that day.
 - **Weight lifters**, de-load for a week. Reduce the weight and increase the reps. Foam roll often!
 - Everyone can utilize all of these, **and don't forget to stretch!**
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