

Recovery Scorecard

Recovery is essential for achieving your best performances in sport and life. Take a minute to inventory your recovery status and identify potential areas for improvement:

TRAINING STRUCTURE

- In each calendar year I dedicate at least two blocks of time in which structure, intensity and training load is reduced significantly.
- My training program includes blocks of 2-4 days of significantly lighter training every few weeks, where I allow the body and mind to recuperate instead of chasing fitness gains.
- In any week of training I execute sessions that are very low stress and don't leave me with deep fatigue when I complete them.
- Consistency: I arrive to the majority of my training sessions (over half) mentally engaged, eager to perform and excited for the challenge.

PHYSICAL RECOVERY & PLANNING

- I execute regular planning sessions to review my integration of sport into life, and plan sessions and training ahead. This includes a review of positive habits, such as sleep.
- I am willing to ease back on training load if life stress is high.
- I engage in regular self-care in my training program (foam rolling, dynamic mobility work).
- I engage in physical recovery modalities on a regular basis (massage, compression).
- If I have a niggle or injury, I prioritize my long-term tissue health over my short-term planning, even if it means modifying or missing a session.

LIFESTYLE & PRO-RECOVERY HABITS

- I fuel with carbohydrates and protein within 30 minutes of every training session.
- I maintain good hydration status throughout my entire day.
- I get at least 7 hours of nightly sleep (average) and make a concerted effort not to compromise sleep for life or sport commitments.
- I integrate a short reset (10-20 min) as a daily habit. This reset is screen-free quiet time, that may include a nap, and allows a recharge mentally and physically.
- I am committed to regular personal 'escapes' that energize me, recharge my mind, and allow an escape from the demands of life and sport (hobbies, downtime, social events).
- I focus on positive daily eating habits that include plenty of protein and vegetables, without obsessing or following extreme / fad diets.

Are you seeing a lot of unchecked boxes? Take this opportunity to reframe recovery's role in your life, but set yourself up for success: Pick 1 or 2 items, and take plenty of time to truly integrate them into your life and training before tackling any others.

Want a little more assistance with aligning your training and daily life to successfully nail your recovery habits?

Book a coach consult by clicking the Coach Consult link in the Education Hub dashboard.