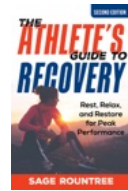


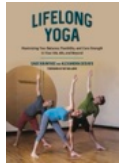
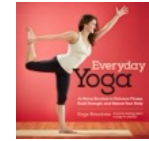
THE COACH'S GUIDE TO RECOVERY

- Sage Rountree, PhD
- USA Triathlon Level 2 Certified Coach
- RRCA Certified Coach



YOGA DEBRIEF

- sagerountree.com/runningsummit
- Lots more resources on my site and in my books
- Follow-along videos of what we did
- Feel free to share the page with your athletes
- *Everyday Yoga* and *Lifelong Yoga* are geared to the general athletic reader
- I'll add a PDF of these recovery slides on the way home



SEGUE FROM YOGA: PHILOSOPHY

- Yoga helps us find the right balance between effort and ease
 - Training = stress + rest
- Human nature likes to focus on what we can control
 - But often we just need to pull back and let what we've done actually sink in

OVERVIEW

- Recovery is a great start for our weekend
- A good coach will work back from how well your athletes can recover
- What is recovery?
- How can we measure and track recovery?
 - Qualitative measurements
 - Quantitative measurements



OVERVIEW

- How can we enhance recovery?
- Lifestyle modifications (doing less)
- Activities (doing more)
- External aids
- Internal aids



WHAT MATTERS MOST?

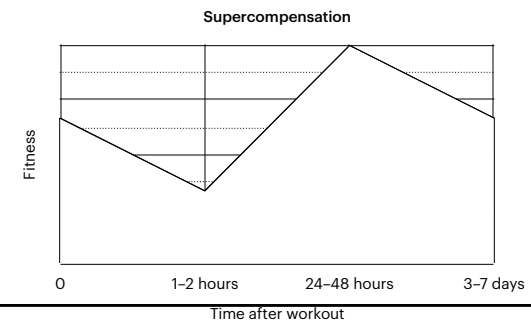
- What are the three most important means to enhance recovery? Want to guess?
 - Sleep
 - Nutrition
 - Stress reduction
 - What is the one thing folks like to do for recovery that could actually be hurting them— not only physically but in terms of recovery?
 - Ice baths!
-

DEFINING RECOVERY

- Recovery is where we get stronger and faster through supercompensation
- In the period immediately following workout, we're fatigued
- Body compensates and rebounds stronger
- Eventually, fitness gains fade



DEFINING RECOVERY



DEFINING RECOVERY

- Recovery is often defined by its absence
- Insufficient recovery pushes overreaching into overtraining
- Overtraining = underrecovery



QUALITATIVE MEASUREMENTS

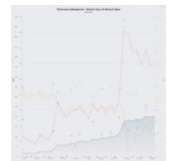
- Performance
 - Body feeling, especially in the legs
 - Mood, especially eagerness to train
 - Affect, especially as a coach or teammate can assess
-

QUANTITATIVE MEASUREMENTS

- Home tests (vs. lab tests)
 - Resting heart rate: how to get quality data
 - Orthostatic heart rate
 - HR at rest, then stand; look for stabilization 90-120 sec. after standing.
 - Heart rate variability
 - HRV4Training app
-

TRAINING PEAKS

- Training stress score (TSS) of workouts
- Acute training load (ATL), chronic training load (CTL), training stress balance (TSB) track training stress over time
- Performance, though, is what matters more than charts!



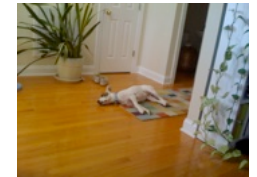
LIFESTYLE & RECOVERY

- **Sleep: We need amounts adequate to allow us to recover**
- **Stress: We need less!**



SLEEP

- **Sleep problems can be a sign of overtraining**
- **Consistency >>> volume**
- **Naps count!**
- **Bedroom upgrades are a great use of any recovery budget**
- **Beware of sleep trackers—they aren't nearly perfect**



HOW MUCH TO SLEEP

- **MORE**
- **Aim for 7-9 hours/night, plus:**
 - **Miles run per week = extra minutes to sleep (e.g., 45 miles = 45 minutes more)**
- **Control the controllables**
 - **What time you go to bed—remember, consistency matters**
- **Relax about the big uncontrollable: what happens once you're in bed**

STRESS MANAGEMENT

- **Set appropriate goals**
- **Stress, eustress, distress: all stress registers the same**
- **Three-legged stool**
 - **Training**
 - **Work**
 - **Family/relationships**

COLD

- Ice: vasoconstriction
- Ice baths as hazing
- Ice baths look glamorous
- Placebo > ice bath in a recent study
- If you aren't getting sufficient stress from your workouts, what are you doing?



HEAT

- Heat: vasodilation
- Hot tub/steam room/sauna (one study shows this is extra credit for your workout)
- Warm bath with Epsom salts



EXTERNAL RECOVERY AIDS

- Compression
- Socks
- Garments
- NormaTec



EXTERNAL RECOVERY AIDS

- Massage
- Timing: separate deep work from races and key workouts
- Self-massage with hands or implements
- Work from periphery toward center
- Be gentle; don't aggravate already-inflamed tissue



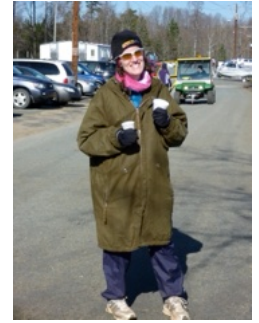
DAILY NUTRITION

- Variety
- Ratio of macronutrients that works for you
- Hydration to thirst/urine color



RECOVERY SNACK

- Often, the next meal IS the snack
- Recovery snack
 - .5g of CHO/pound of body weight
 - Sodium, yes; protein, yes
 - Timing: pre/post workout



SUPPLEMENTS

- Supplements should be supplemental
- Anti-inflammatories
 - Omega-3s (check ratio of 3s:6s)
 - Antioxidants (cherry, pomegranate juice)
 - NSAIDs are NOT a supplement!

RECOVERY ACTIVITIES

- Active recovery
 - Intensity: light
 - Duration: short
 - Shower rule
 - Restorative yoga
 - Meditation/breath exercises



RECOVERY ROUTINE

- › Legs up
- › Combat inflammation
- › Snack
- › Ritual is powerful



QUESTIONS

- › What do you still wonder about vis-à-vis recovery?
 - › How can I best help you?
 - › What resources would be useful?
-

TAKE HOMES

- › The power of ritual
- › Faith and patience
- › Go easy to go hard
- › Please take a bookmark!
- › Reach me at sagerountree.com, @sagerountree

