

TriCentric

E-Tips

RECOVERY

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Product Spotlight



PowerBar Recovery:
Add frozen mango and
blend for a great
tasting recovery
smoothie

Greetings!

As I work with more and more athletes and within my own training, I am constantly reminded of the need for recovery. Here's a few quick tips to help you recover well and continue progressing forward in your training.

Cheers,

~B

Recovery

It has been said that recovery is the window to fitness. As a Professional Coach, my job is as much about telling an athlete what not to do as it is about providing all of the structured coaching on what to do. I divide recovery into two categories... Active Recovery & Passive Recovery. Active recovery comes in many forms such as reduced volume and reduced intensity. Passive recovery also comes in many forms such as rest days, rest weeks, increased sleep and naps. Here are a few tips to aid you in your recovery while progressing toward your goals.



▪ Make sure you have rest weeks in your

training program

- Eat a diet with adequate carbohydrate and protein
- Consume 200 to 400 calories of carbohydrate within 20-30 minutes of long or intense exercise
- Take a power nap (20 to 40 minutes) whenever possible
- Get an extra hour of sleep at night when possible
- Easy means just that... EASY. A recovery session is NOT a "training session".
- Massage (regular or occasional) can be a great supplement to your training.

Remember... training does not get you faster or stronger... Recovering from training does!

Cheers,

~B